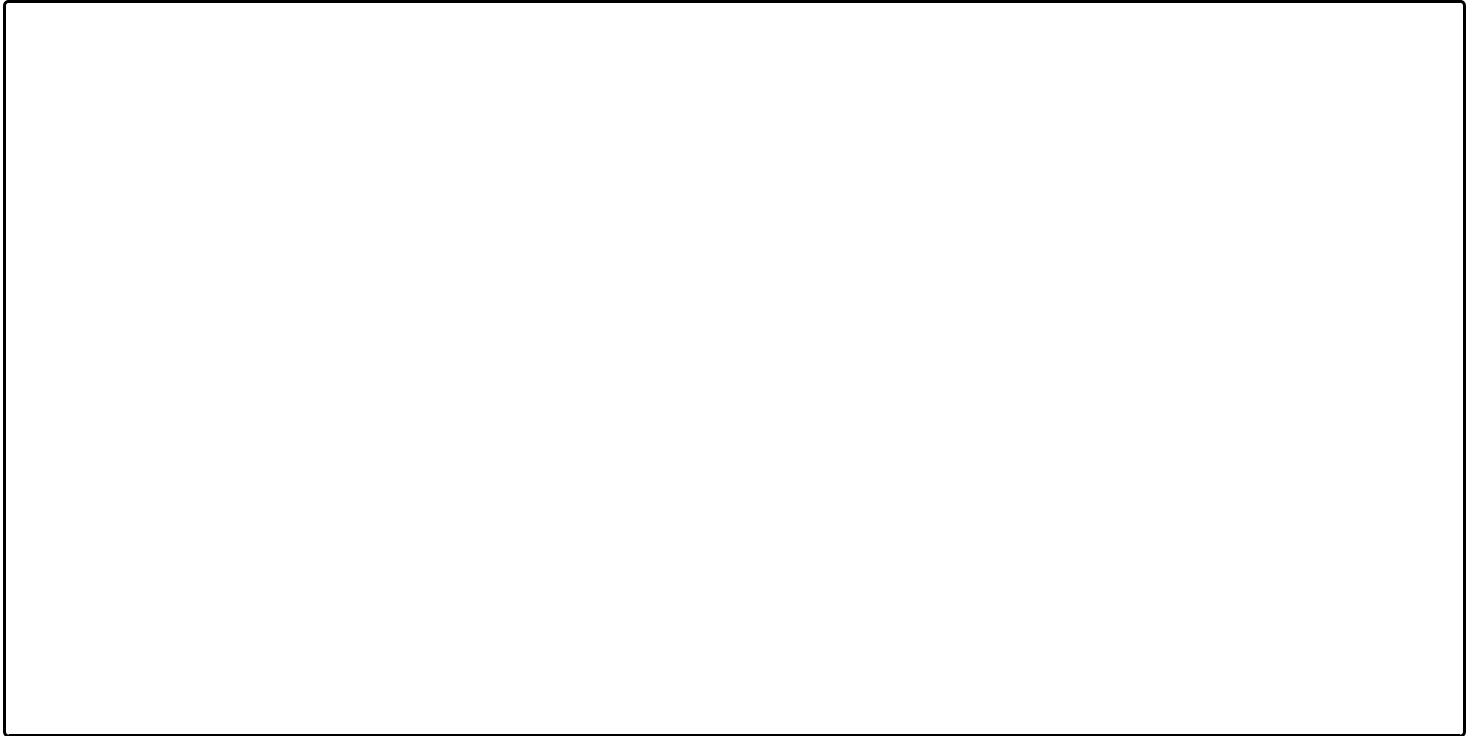


## 12. From excuses to action

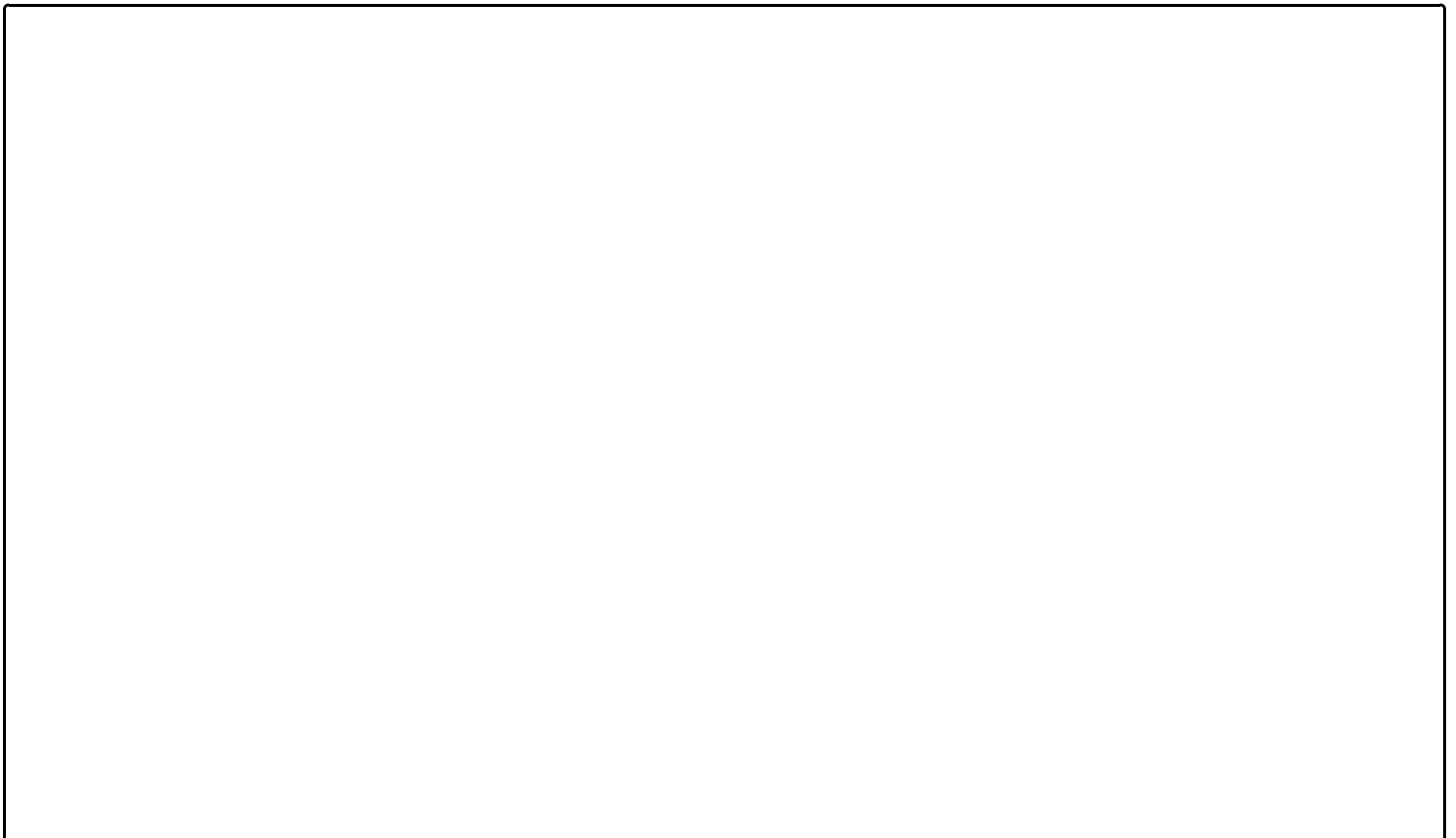
*This is a weeklong exercise to help you begin to notice more of your excuses. Then, you can choose actions to break the excuse cycle and begin to get unstuck from the habit of "I can't."*

1. For a week, pay attention to your excuses. Every time you hear yourself using one (aloud or silently), write it down.

2. At the end of the week, look at the excuses you recorded. For each one, see if you can determine the corresponding belief. (Remember that sometimes your excuses and beliefs will be identical. That's fine!)

A large, empty rectangular box with a thin black border, intended for the user to write down the corresponding beliefs for the excuses recorded during the week.

3. Now, for each belief and excuse combo, write down the new belief (like you did in Exercise #9 in Step Three). This new belief will help you break free from the excuse.

A large, empty rectangular box with a thin black border, intended for the user to write down the new belief for each belief and excuse combination.

4. Next, if it isn't already clear, write down what each excuse is preventing you from doing. What do you want to do that your excuse says you "can't" do?

5. Lastly, write down one action that you can take or begin to let go of the excuse and do what you really want to do. Make it one small action - something that feels doable and isn't too drastic.

Here's an example:

*Belief:* "I could never make it on my own."

*Excuse:* "I can't leave my unhappy marriage because I'd never make it on my own."

*What my excuse prevents me from doing:* "My excuse is preventing me from leaving my marriage and starting the new life I want."

*New belief:* "I have many skills and talents that I could use to make it on my own."

*Potential actions:* "I'll knit scarves and sell them on Etsy."

Or "I'll take an on-line course in website design."

Or "I'll help a friend clean up her clutter and ask her to refer me to her friends, who can become paying clients."

Now you go:



Affirm your worth!

Write the following in the blue box below:

"I'm worthy of taking action toward a better future that brings me wealth in every area of my life."

