

Day 2 – Excuses

How did you find your first day?

Today is all about excuses – we wanted to get this one out of the way sooner rather than later!

‘If **it’s** important to you, you will find a way. If it **isn’t** important to you, you will find an excuse.’ Is your goal important to you?

We can all find a reason not to do what we want to do or make excuses when things don’t turn out as we would have expected. At the time the rationale we use seems perfectly valid. We are all good at justifying ourselves. Do you find yourself using words such as ‘don’t, can’t, won’t, shouldn’t, couldn’t’? These are all signs that indicate we are living a life of excuse and not enabling ourselves to reach our full potential.

The definition of excuse (as a noun) in the Oxford English Dictionary is:

A reason put forward to conceal the real reason for an action; a pretext.

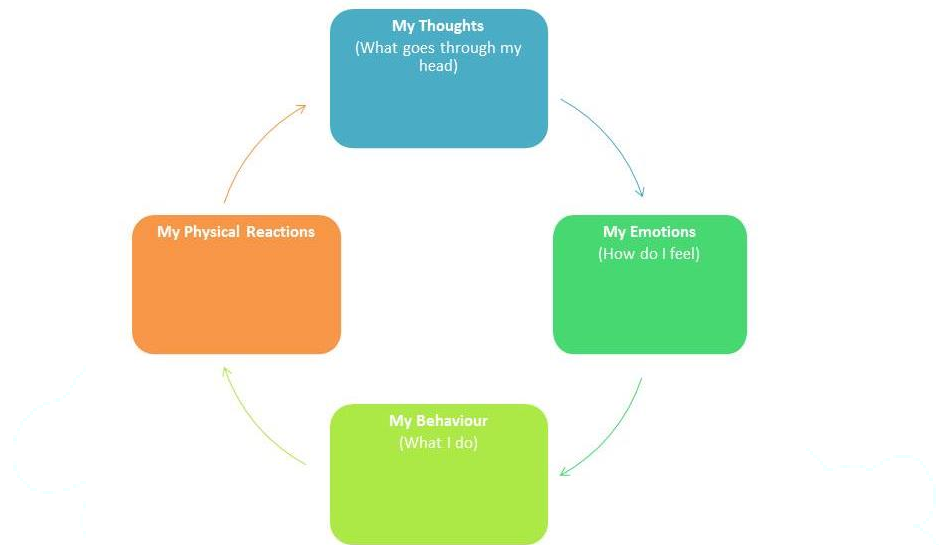
So, why do we make excuses? There are many reasons why we do this such as:

- Fear of change
- Fear of success
- Fear of failure
- Lack of confidence
- Not wanting to take responsibility
- Lack of knowledge
- Fear of making mistakes
- Not enough time

You will notice that most of the reason we make excuses is due to fear or negative thinking. The first step to overcoming this type of thinking is to be aware of it.

It might be that a certain event has triggered these types of negative thoughts. Were you aware that certain events can trigger thoughts which in turn trigger certain feelings, behaviours and physical reactions? We all know that thoughts can be incorrect, erroneous and inaccurate. Most thoughts are also automatic, which means that they are or become habits – some of which are bad habits!

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Habits can be made and can be broken! We will talk more on this over the next few days.

Today's exercise is for you to think about the excuses you have made and maybe are still making, that are stopping you from reaching your goal. I want you to note them down in your notebook.

We suggest you read our free resource on excuses first (Article – Excuses):

http://media.wix.com/ugd/fec33e_9f9ea81f948f458db712cb95cf25026d.pdf

Once you write down your excuses ask yourself the following questions and put your responses in your notebook.

- What or who is preventing you?
- What would happen if you did achieve your goal (note down feelings, health, relationships, financial etc)?
- What would happen if you didn't achieve your goal (note down feelings, health, relationships, financial etc)?
- Why am I making these excuses?
- What excuses are getting in the way?

You may need to think about your answers so make sure you take your time with this exercise and remember to be honest with your responses.

The solution to the problem is not important at this stage; the answers will provide you with an insight into what your obstructions are. Once you have finished writing, turn the page on your notebook and give yourself a huge pat

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on the back for being honest with yourself. You know now that it really is time to change and you are on your journey.

Mary Engelbreit once said 'If you don't like something change it. If you can't change it, change the way you think about it.'

Always notice when you are making excuses, question your thoughts.

Today we are also going to be introducing you to meditation – if you are familiar with meditation it would still be beneficial for you to listen. We have a number of guided meditations on our website and we would like you to start with 'Breathing - Exercise 1':

<http://www.yourwellbeinguk.com/meditation/>

Many people take to meditation quickly; some need a bit more practice so make sure you keep trying if you have difficulties at first, the benefits will be worth the effort.



It is important that you understand how breathing affects our feelings so we have also attached a handout explaining just that.

http://media.wix.com/ugd/fec33e_6507d6333fa5445986a6ae279b1bf94d.pdf

Try the relaxed breathing technique next time you feel a little anxious or stressed.

Today we would like you to:

- Read our article on 'Excuses'
- Ask the questions added above and write down your answers in your notebook
- Read 'How Breathing Affects our Feelings'
- Start the breathing meditation

With Love xxxx

