

Your Wellbeing UK - Excuses

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 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 thinking is to be aware of it. Next time you hear yourself making an excuse note it down.

Once you note them down ask yourself the following questions

- What or who is preventing me?
- What would happen if I did (note feelings, health, relationships, financial etc)?
- What would happen if I didn't (note feelings, health, relationships, financial etc)?
- Why am I making these excuses?

The answers to those questions will provide you with an insight into what your blockers are. You will notice that once you drill a little deeper you will find that the results will be from a lack of understanding, information, experience, resources, perspective. All these lead to a lack of confidence. Making excuses can lead to self-limiting beliefs, regrets, negative outlooks, blocks on creativity and blocks on problem solving, paranoia, resentment; the list goes on. Not dealing with your fears or your excuses means that you are not living your life

to its full potential. You are simply creating an illusion of security and masking the pain. Until you take control the fear will continue to endure throughout your life.

Cognitive Behavioural Therapy and Neuro Linguistic Programming can help you remove those blockers to change.

To further help, I've compiled a list of some common excuses and how to overcome them.

Time

- I am too busy to make that change
- I will do it... soon
- It's too late for me now
- There isn't enough time in the day for me to start

I know, there are only 24 hours in a day! We all have the same time so why is it that some people can find the time for themselves and some can't? You got it, some of us use excuses. It is true that we all have different responsibilities, timetables and different obstacles.

Whilst finding time might be easier for some, it is possible for us all. We just need to refocus our priorities and start to manage our time more effectively. Watch a little less TV, take a break from your phone, get up a little earlier in the day, plan our days better, remove some of the non-essential activity or ask for support from our loved ones.

The time really is NOW. Focus on the NOW, not on what you did in the past. This is YOUR dream, YOUR goal. It is not too late to decide to give yourself a little time to realise them.

Next time you find yourself wondering whether you have the time to make the change ask yourself:

HOW BADLY DO I WANT THIS?

Money

- I don't have the money to do this
- I must earn the same amount (or more) money as I do now
- I have too much debt

We all need money to live, I get that. It may be a simple case that you need to plan and put money aside before you can realise your dream. That's fine; this can form part of your plan. It may also mean that you consider money to be a priority or you are looking for an easy way to make money.

Whatever the excuse, there is always a way if you have the desire and determination. Start looking at what you need to do in steps (chunk up your plan) so that the change isn't insurmountable.

Do not be concerned with the fruit of your action – just give attention to the action itself. The fruit will come of its own accord. If you get the inside right then other things will fall into place in abundance, whatever you need – Eckhart Tolle.

Knowledge

- I don't know where to start
- I'm not clever enough to succeed
- I don't know if I can do it
- I don't know enough
- I have never been great at learning

No-one has it all figured out, and you can't start as the expert – we all start somewhere. If we wait until we know everything will we ever start?

You just need the passion and desire to make a start. Do you think that all the multi-millionaires or philosophers or spiritual leaders started by knowing everything?

This excuse is really very easy to combat. Simply **LEARN** how to do what you want to do by reading books, by gaining practical experience, by asking for help, etc. Only by making mistakes repeatedly will you eventually discover what works or doesn't work for you.

You don't need to know everything to start, you just need to know you want and need to do it.

Other People

- My family or friends don't think I can do this
- I can't do this alone

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- I don't know the right people
- My colleagues don't think I should do this

Not everyone will agree with your goals, your dreams. Not everyone will support you along your journey. However, if we believe in ourselves, nothing at all should deter us. Brush the negativity aside.

Along our path it is inevitable as we grow and change, we will meet likeminded people, people who believe in what we are trying to achieve and people who will support us and who we will support.

Fear

- I'm afraid I may fail
- I may make a mistake
- I'm not sure this is the right decision
- There are no guarantees
- I'm not good enough

There are no guarantees, unfortunately. However, we have an option, we can cling to what feels safe to avoid disappointment or failure OR realise that the worst disappointment is the type we feel in ourselves.

We will make mistakes along the way, which is how we learn and grow. Making mistakes could and should be viewed as a positive, a challenge. It is how we deal with these mistakes that count if you have self-belief and a motivation to succeed. Don't ignore your calling, and take the mistake for what it is, just a blip. As my mum used to tell me when I fell as a child 'Get up, dust yourself down and carry on'. Remember where your inspiration came from and hold onto that and make sure you learn from your mistake.

Are you still making excuses or finding it hard to know where to start? Why not seek some support from www.yourwellbeinguk.com. I appreciate that some of us have baggage that we either consciously or unconsciously carry around with us. This baggage needs to be removed before some of us can move forward. I have a range of coaching, mentoring and personal development programmes to suit everyone.

Start creating a story of how you can succeed in achieving your goal, your dream.