Excuses : Say NO to But!

We all have common phrases we've picked up from our families and cultures that are nothing more than excuses. By becoming aware of them, questioning them, and changing the way we view the underlying fears ehinf them, we can change the way we think and empower ourselves!

We you catch yourself saying "but..." it's a signal that you're about to make an excuse for why you're not living your life the way you want - on purpose! Catch yourself and rephrase your excuse into positive affirmation that will help you stay committed.

Which of the following common "buts" has held you back in the past?

But, it's too hard. ☐   But, it's too risky. ☐

But, it'll take too long. ☐   But, it's overwhelming. ☐

But, I don't have time. ☐   Other. ☐

For each excuse you commonly use, write a positive affirmation statement. For example, change "I don't have time" to "I make time for what is important to me".

1.

2.

3.

4.

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6.