

The Brendon Show

with

———— BRENDON BURCHARD ————

How to Stop Making Excuses

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How to Stop Making Excuses Training Guide

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SUMMARY

This episode is all about how to stop making excuses that hold you back from pursuing what matters most to you, and how to use deep questioning, self-talk, and prioritization to move forward.

Follow along in the training with the notes below, then finish the sentence completion exercise to continue building on your skills to overcome excuses.

1) Address embarrassment

You may be fearful of judgement and of feeling embarrassed, and are letting these excuses hold you back from trying new things or chasing your dreams. To overcome this, ask yourself if you've ever made an attempt to reach this goal before. If you haven't, your excuse is based on assumptions about how you *might* be treated in the future. If you've made this attempt before and had people doubt you, did you survive?

2) Is it worth it?

Consider how important your project, passion, or dream is to you. If you are successful in reaching your goal, would it make the struggle worth it? Facing your insecurities allows you to wake up energized and ready to thrive, knowing you're taking steps closer to your goal.

3) Verbalize fears

Put words to your fears, and really dig into them. Instead of, "They're going to put me down," actually use the words that someone might use in that scenario. Walk through each step of what that conversation might look, sound, and feel like, and work through how you would deal with it. Going through this process takes away the power of those negative words. As soon as you think through a fear or an excuse, you have the opportunity to see how small it potentially is. Even if it's not small, you have the opportunity to recognize that you can handle the impact.

4) Tie in responsibilities

People fear not meeting their responsibilities when faced with taking on something new or different. This is a motivating, powerful, positive type of excuse. It is easy to lean on the promises we've made to others as an excuse to not follow our dreams. Instead of making compromises between existing responsibilities and new goals, focus on improving prioritization and time management in other parts of your life where you may be wasting time and energy. Striving towards and reaching your goal will make you a better person, and ultimately improve your ability to meet the other responsibilities you're committed to.

Sentence Completion Activities

On this page, Brendon begins sentences that you are to complete.

There are no right answers. Take this as an opportunity to think and write. Sentence completion activities can be powerful, if you actually write about the answers. Simply reading the phrases has little effect. Profound insights and ideas arise when you put pen to paper!

1. If I feel fearful about starting something new, I will acknowledge that I'm probably anticipating embarrassment about...

2. When considering whether my dream or new venture is "worth it", I will say...

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3. When I let potential embarrassment stand in my way of progress, I will ask myself the following questions to minimize my fear of embarrassment ...

4. If I feel uncertain about how I'm going to react when I do feel embarrassed or uncomfortable, I will help resolve this by doing the following...

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7. I know I can work towards my new project or passion while also honoring my previous responsibilities by making these specific changes to my prioritization process and approach to time management...

8. Striving for and reaching my big goals will help me be better in different areas of my life in the following ways...
