

Excuses

that hold us back



I must admit I am the queen of excuses....I don't have time, its too hard, I'll do it later. Do these ring a bell? What I do know is that excuses holds us back from moving forward. We all have the same problems but it may be in a different context, situation, or story. We have the same excuses though. Here is a break down of what we say.

1 The most famous one....I DON'T HAVE THE TIME. Can you remember the last time you said that? Was it today? This is a dangerous excuse. We all have the same time in a day so make the most of it. However it may be true but it shouldn't keep you from getting what you want. Schedule your time/day. Balance your tv, computer, socialising etc...look at your calendar and see how you spend your time. Track it and think what some of the time wasteful? if so then change it and ensure you fill it with a productive task. So how do you create more time? You can increase your time by waking a little earlier in the morning so you get a head start on things. Spend less time on social media, tv, etc.... time it maybe. Block an hour of your time in your calendar and focus on that task. do something productive. For me spending time training, updating my skills. newsletters etc... the list is endless. When you completed it, you will feel the benefits. Carry on like this and you will think you have extra time left over! You can then add more and do more even add in an evening walk or a bit of self care.

2. I DON'T HAVE THE RIGHT BACKGROUND/SUPPORT/TOO OLD. I grew up in a non-business family. They worked hard and that is it. I enjoyed art when I was younger but like many of us situations get in the way...marriage, kids, etc.... So I just worked like my family even though I knew something else was out there. I am lucky, with the support of my husband and kids I pursued into beauty therapy followed by holistic therapy. I was one of the oldest therapists in the college class but that didn't stop me. I loved it and even after all these years I still do. With them by my side I was able to grow and expand my treatments. Was I scared to take this step?...YES. Am I still scared when starting something new? Yes. But you need to take risks as sometimes it works out well. If not go back, think what happened, tweak it and do it again. You just need to remember you need to take the first step. Age doesn't matter. Do the work. Get the balance right and keep yourself well.

3. I CAN NEVER GET TO THAT LEVEL. Why are you thinking like that? Is it because you are looking at others and where they are. It may seem that if feels so far away so why not see yourself at that level. You too can achieve the results. Sports people visualise their wins through their training and before their race. So why can't you. Visualise your success.

4. I AM NOT LUCKY ENOUGH. Oh aren't they lucky but basically you are saying that you are not lucky, You are hindering your luck. Luck is something that happens to you like something served on a silver platter, NOT HAPPENING! This is not the answer. The answer is that person did excellent work. They put in the time and effort to achieve the results. You can do it too. The grass is greener over their side is because they take time to water it. Just remember you need to water your side of the grass for it to grow and be greener too.

5. I CAN'T STAY MOTIVATED. OK ask yourself this...do you care about it? It needs to feel right for you to care about it. You need that passion where you want to be. Stop looking at other peoples work as that can be de-motivating too. You need to change your mindset that deals with this. Ask yourself this

- What is the cause of this lack of motivation?
- How will you fix that?

To figure it out you need to get to the source of the situation.

6. I'M AFRAID TO FAIL. Oh I have lost count on the amount of times I have said this to myself. Nobody wants to fail and when we do it is so upsetting. We give up and discard it in the bin. No. Learn from it. It may be the turning point to change direction. Reset your mind. This is the OOMPH to change and never to mess up again. So get up and step forward. There is no such thing as failure. It is just a little hiccup.

7. I AM NOT READY. So when will you be? Stop with the excuses. No one will hold your hand to do it. You have to do it yourself. Like they say you can take a horse to water but you can't make it drink. Just remember you are always ready. You can do anything you want. RIGHT NOW. Take small steps everyday. Readiness means willing to start training. So you are ready. STOP THE EXCUSE...NOW!

8. STOP COMPARING. You should not measure yourself to anybody else. Just measure yourself to who you are today and who you were yesterday to make a better future. Pat yourself on your back when things go right. Learn when things don't go well. Don't listen to anyone else as they are not putting in the work as you are. All they are doing is putting you in a box so that you fit in it like everyone else. You are not the same. You have your own box. You are unique.

FINALLY....change the conversation. Calm or change the mind monkey's that puts the negativity in your mind. Everybody's opinions shouldn't concern you.

Change your thoughts around for instance instead of thinking 'oh no, I'm going to fail' you need to think 'today is going to be an interesting day'. Stay motivated.

YOU are ready and it doesn't matter when you start or at what age.

The money and success will come if you are passionate about doing what you love.

Focus on what is important to you.

Build that empire x