

Excuses

Remember how agreements, excuses and your reality are all linked? The truth is that often we create excuses within our lives that perpetuate the agreements. And then, as discussed, that becomes the reality that we live which solidifies in our heads that the agreement is truth.

You are worth bravery. You are worth starting now.

So let's start paying attention to excuses that we use to slow down progress. One of the first things I learned about excuses is that sometimes we use them as a coping mechanism or to stop us from getting potentially hurt. After all, who wants to deal with a fall. But without risks or stumbling there truly is no reward. Winston Churchill said that "success is going from failure to failure without loss of enthusiasm." And yet, our culture so often tells us not to fail.

When we try, we will fail. And that's not necessarily bad. Remember the analogy of getting unstuck out of the mud? It takes effort, it takes figuring out what doesn't work, it takes getting dirty. When the vehicle is out would we call it a failure or would we call it a success?

1. What do you think of when you think of the word fail?

2. What are areas in your life where you have had to push through over and over and you overcame despite the obstacles?

Progress

STOP THINKING YOU HAVE TO BE 100% CHANGED BY TOMORROW.
HITTING GOALS, CREATING NEW HABITS, CHANGING YOUR MINDSET,
FOLLOWING DREAMS - TAKES TIME.

SO MAYBE TOMORROW YOU ARE 99% STUCK AND 1% ON TRACK.

CELEBRATE THE 1%.

AND MAYBE THE NEXT DAY YOU ARE 98% STUCK AND 2% ON TRACK.

CELEBRATE THE 2%.

IT'S EASY TO SEE THE STUCK AND MISS THE FACT THAT YOU ARE IN
FACT GROWING, CHANGING AND MAKING PROGRESS.

ALL THOSE 1% AND 2%'S ADD UP.

VALUE THEM.

ORIGINAL WORDS BY RACHEL MARIE MARTIN

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THE BRAVE ART OF MOTHERHOOD

When you can remember the spaces where you have persisted and have tenacity it gives you an example that you have within you the capabilities. Sometimes when my kids complain about homework I will tell them to attack it in the same way they do a video game. When they tell me it is not the same, I agree with them, but point out to them that they have the ability to change their mindset regarding strategy and complexity and persistence. I then have them work to use the same mindset thinking

Week Two End Well

with their homework. We talk about how progress is measured in inches, not miles. And to be proud. So before you see all that you haven't accomplished start to look at everything that you have accomplished. Celebrate the small gains because they will start to add up and up and up.

1. What did you accomplish this past week?

2. What motivates you?

3. What inspires you?

Excuses are clever ways that we can slow down our momentum. In "The Brave Art of Motherhood" I dedicate the entire second section to exposing and challenging the excuses that we give ourselves. I share personal examples from my own life that illustrates the excuses and then how I worked to break it. Often at the end of the year the excuse of busy can really creep into our thinking.

1. When you come up against a roadblock what do you tend to do? Do you look at it as a place to stop or a place to push through?

2. Do you think you are too busy to start anything now?

3. When do you think you will be less busy? And do you really believe that there will be a time of less busy?

Week Two End Well

4. What does the excuse of busy sound like in your own head? Mine will be like, "you can't add anything else to your plate..." and then I'll find myself working on things that don't really matter.

5. Look back at your previous answers regarding starting something now or at January 1. Feel the pride of starting now, let yourself imagine how fabulous having a head start will be. Describe that emotion

Excuses can be divided into the Baggage excuses (ones that we end up carrying, such as emotional bonds, worry, etc.), Denials (role, gratitude, pride, etc...) and Agendas (busy, procrastination, perfectionism, etc....)

1. Without delving deeply into these which of these types of excuses immediately resonates with you?

2. Why?

3. Write out your goal and how you are stronger than the excuse. For instance, if it is busy, "I have plenty of time to work towards my goal and I am going to today at this time."

Breaking excuses means becoming aware of the reasons that you give yourself to slow down, stop or wait to try. When you try and don't break the excuses it is like driving with one foot on the accelerator and the other on the brakes. Let's work this week to life your foot off the brake.

Week Two End Well

Accountability is a huge part of progress. If you're not a part of the Finding Joy Live Your Brave Facebook group please consider joining. Find a friend to help keep you accountable and keep your friend accountable as well. Iron sharpens iron..

Just like last week, I want you to think of ONE thing you will do consistently this week. Fill out the chart below to keep track.

