

Do the Work Project 2015

Point Two: No Excuses

List five (5) recent excuses you've given recently

1.

2.

3.

4.

5.

Are any of these excuses barriers to your success? Explain

Have these excuses helped your success in any way? If so, how?

List five (5) excuses you've given in the past

1.

2.

3.

4.

5.

Now look at the previous five (5) excuses that you listed as given recently & compare them to the excuses given in the past. Are these repeated excuses? If so, why does the excuse(s) continue?

What are five things you want to change about your life personally and/or professionally?

1.

2.

3.

4.

5.

What are the barriers to those changes?

Are those barriers also listed as excuses on this worksheet? YES NO

How can you remove these excuses in your life?
