TRANSFORMATION WORKSHEET #1:
Transform Your Excuses into Action

**STEP 1**

List the top 5 things you'd like to change in your life into Column 1 on page 3 of this handout.

**STEP 2**

Starting with Item 1, brainstorm a list of excuses that you’ve used in the past to justify why you haven’t created the change you want to see.

For example:

- **If you want to make more money**, maybe your excuse is that the economy is too bad right now, or you don’t have the knowledge or skills you need.

- **If you want to lose weight**, maybe your excuse is that you don’t have any time to exercise or prepare healthier meals.

- **If you want more free time in your life**, maybe your excuse has been that if you don’t work 24/7, you won’t make the money you need to support your family.

- **If you want to have a more loving relationship with your spouse**, maybe your excuse has been that he or she is too busy and stressed out from work to provide the intimate connection you crave.

Write your biggest excuses down in Column 2 on page 3 of this handout.

**STEP 3**

Now—take a good hard look at the role you have played in causing this unsatisfactory situation to persist. What actions or inactions have YOU taken to prevent yourself from solving the problem?

For example:

- **If you want to make more money** but feel like the economy has been holding you back, is it possible that you have refused to take the necessary steps to respond and adapt to the changes in the market (e.g., by creating new streams of income, exploring new markets, or testing new marketing approaches)?

- **If you want to lose weight** but don’t feel like you have the time to exercise or cook healthier food, is it possible that you’re allowing yourself to spend too much time on activities that distract you from this goal? (e.g., watching TV or idly surfing online.)

- **If you keep getting passed up for that big promotion**, is it possible that you haven’t invested enough time and effort into upgrading your skills? OR, have you resisted acknowledging the fact that the company you work for simply isn’t a good fit for your talents because you don’t want to go through the hassle of finding another job?
Once you have identified the role you have played in creating each situation you want to change, write it down in **Column 3** on this handout.

**STEP 4**

This step is my favorite: Now that you know how your actions or inactions have contributed to each situation, brainstorm a list of actions that you can take to help resolve the situation.

- **If you want to lose weight**, stop eating junk food and schedule 30-60 minutes every day to exercise – and make that time non-negotiable!

- **If you want more success in your career**, invest in some training to upgrade your skills. Ask for that raise—and prove you’re worth it! And if all else fails, start looking for a company that will better appreciate your talents.

- **If you want a more loving relationship with your spouse**, tell him or her what you need. Plan a romantic dinner. Start seeing a relationship counselor. Go to a couple’s retreat. And if all else fails, leave your spouse and find someone who will do a better job of giving you the love you need.

Once you have identified the actions you need to take, add them to **column 4** on page 3 of this handout.

Congratulations!
You have just made HUGE progress in creating your path to success!
Transform Your Excuses into Action

<table>
<thead>
<tr>
<th>The changes I want to create in my life this year</th>
<th>The excuses that have been holding me back</th>
<th>The role that I have played in causing this undesirable situation</th>
<th>What I’m going to do to change the situation</th>
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