



Industrial Strength Excuse Crumbler

Below are some of our favorite excuses to use when we are trying to avoid taking a risk, following our passion, doing something we love, taking a chance, or trying something completely new and unfamiliar.

Step 1: Read through it. If your favorite excuse is missing, write it in.

Step 2: Crumble this list of excuses into the smallest paper ball possible. And I mean really crumble it – show it what you’re made of.

Step 3: Don’t throw it out. Instead, keep it somewhere where you can see it – perhaps on your desk or in your drawer. Let it be your reminder that you have power over your excuses, not the opposite.

This will never work out

I’m never good at things like this

I’m too old for this

I’m going to regret it if I try

My friends will think I am crazy

I’m not organized enough to get it done

I’ll be devastated if this doesn’t work out

I have no idea how to go about it

I don’t have enough experience

I don’t want to look like a fool

People like me don’t do things like this

It seems too difficult

My family would never approve

I don’t have time in my life right now

I have no idea how to get started

I don’t want to be disappointed

Everyone is telling me this is not possible

What if I fail?