



**STOP  
MAKING  
EXCUSES**

# Stop Making Excuses

**Sally Resolut**



## Stop Making Excuses:

**Stop Making Excuses and Get Sh\*t Done!** Diamond Hope Evans,2017-09-28 Do you find yourself making excuses day in and day out for why you can't get things done Your excuses very well might be getting in the way of your success your future and your happiness Stop Making Excuses Get Sh\*t Done offers tried and true tactics to help rebuild the motivation that you've lost through burnout boredom and so many other things If you're ready to take control of your life and stop let excuses get in the way of you following your dreams buy your copy of Stop Making Excuses Get Sh\*t Done now And once you start reading get ready to see a change in yourself Get ready to be more motivated Get ready to be more productive Get ready to take on the world It all starts here It all starts now AVOID YOUR EXCUSE AND GET YOUR RESULT Happy Marcel Okocha,2019-08-15 About the book Five minutes exam cannot define the level of your intelligence three or more years of uncertainties cannot define your 70yrs on earth Define your self and demystify people's definitions about you This book is about the SELF development The only way to succeed in this present time is to avoid your excuses which is the primary reasons why people are unable to achieve what they want in life This book will take your mind through the process of transformation by allowing trimming off of all the wrong beliefs and excuses that hinders or sabotages your growth and development in all areas of our life e.g Self awareness Self discovery Personal growth and Personal spiritual growth When you hold onto excuses as defence you are basically denying the real YOU On the surface you may appear like you're functioning but underneath it all are limiting beliefs and sabotaging thoughts that are holding you back from becoming the person you were designed to Be Live above your story today **No More Excuses** Sally Resolut,2020-12-31 Stop making excuses for Getting things done Spending habits Eating habits Getting enough sleep Self care mistakes Negative thinking Changing careers Pursuing success Fixing relationships Being true to yourself Expressing your wants and needs Honesty with yourself and others Being too old young to do something Dangerous habits He that is good for making excuses is seldom good for anything else Benjamin Franklin People make excuses mainly for the following Fear of Failing Fear of Embarrassment Fear of Success Fear of Change Fear of Uncertainty Fear of Responsibility Fear of Making Mistakes Lack of Confidence You need to ask yourself the following questions What excuses do I usually make What am I settling for Why am I making these excuses all the time Also list the consequences for these excuses How do these excuses prevent me from moving forward How do they hamper my ability to get what I want Stop making excuses and start doing Use the No Excuses Journal to track excuses made and or excuses overcome Track your progress using the Yearly Monthly and Weekly Calendars along with the weekly journal page Perfect gift for that excuse maker that you know **No Excuses** Sally Resolut,2020-12-31 Stop making excuses for Getting things done Spending habits Eating habits Getting enough sleep Self care mistakes Negative thinking Changing careers Pursuing success Fixing relationships Being true to yourself Expressing your wants and needs Honesty with yourself and others Being too old young to do something Dangerous habits He that is good for making excuses is seldom good for

anything else Benjamin Franklin People make excuses mainly for the following Fear of Failing Fear of Embarrassment Fear of Success Fear of Change Fear of Uncertainty Fear of Responsibility Fear of Making Mistakes Lack of Confidence You need to ask yourself the following questions What excuses do I usually make What am I settling for Why am I making these excuses all the time Also list the consequences for these excuses How do these excuses prevent me from moving forward How do they hamper my ability to get what I want Stop making excuses and start doing Use the No Excuses Journal to track excuses made and or excuses overcome Track your progress using the Yearly Monthly and Weekly Calendars along with the weekly journal page Perfect gift for that excuse maker that you know

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**Entrapment** Ilona Schultz and Roman Harambura,2013-12 Life is becoming increasingly more complicated speeding up to the point where we don t have enough time to achieve everything we d like to compensate we seek fulfilment and enrichment outside of ourselves in an attempt to bring clarity and happiness into our lives and to find some meaning and purpose Yet we rarely question why we feel the way we do or how we ended up in the situations we find ourselves in today In Entrapment authors Ilona Schultz and Roman Harambura seek to address those questions to help us understand ourselves and to show we are completely responsible for both what we experience and how we process and comprehend those experiences Schultz and Harambura provide tools to help us carry out the necessary self examination through which we can achieve personal happiness This guide acts as a starting point to help you understand how you have become the person you are today what has shaped your understanding your beliefs and your fears and how these have impacted your life on a daily basis and overall the lessons presented in Entrapment help you pinpoint what is holding you back from finding and maintaining personal happiness and fulfilment

**Destiny** Teresita Glasgow,2005-04 There is a common theme that finds credence in the lives of every man and woman the desire to understand our purpose in life and the ultimate fulfilment of our destiny Without knowledge of life s true purpose our lives can seem void and incomplete To many seeking purpose and destiny appears to be only a fleeting desire often elusive and unobtainable However when we set our hearts and minds to

seek after our God ordained purpose it will become a journey that will lead us to nothing short of gratification and self fulfillment In her debut book *Destiny Seven Steps to Finding and Fulfilling Your Purpose in Life* author Teresita Glasgow leads you down the pathway of self examination and self awareness Knowing yourself will ultimately guide you to define your purpose in life as Glasgow ushers you to the very forefront of your destiny Through the implementation of the detailed seven step approach learn how to identify key areas in your life that will drive you toward purpose and unveil your God given gifts and talents For those of you who struggle with the idea of purpose grab your Bible and allow Destiny to ignite in yourself a passion to identify your purpose and a challenge to fulfill God s purpose for your life

*Conquering Unhealthy Mindsets With Jazz* Kristy Jenkins, 2019-02-09 *Conquering Unhealthy Mindsets With Jazz* Are you capable of great things Most definitely but only if you avoid a certain mindset Studies show that if you focus on excuses justifications jealousy resentment and other negative emotions your odds for success in about any endeavor are greatly reduced Why is that It is because when you focus on negative ideas negativity appears in your life The opposite is also true If you focus on positive feelings and develop a mindset that constantly thinks about what you can do rather than what you cannot do you can create just about any reality Before you start making excuses and justifying why you have not realized all you want out of life Change Your Mindset And You Change Yourself Your Life These and other negative mindsets are unhealthy Neurologists and spiritualists have proven that chronic negativity not only keeps you from getting what you want out of life but it also leads to physical and mental health problems That means you have fewer excuses for not becoming the person you know you can be living the life of your dreams You can do that when you use proven methods for abandoning unhealthy mindsets and self beliefs and instead embrace mindsets that move you unerringly and relentlessly towards achieving any goal You will know exactly how to move your new positive mindset from thought to action to desired results *Conquering Unhealthy Mindsets With Jazz* This in depth mini course on proper mindset development will help you change the way you think so you look at your life goals and the challenges you will inevitably face with a positive and proactive outlook With *Conquering Unhealthy Mindsets With Jazz* and you will learn What is mindset and why it is so important That your mindset reflects your priorities Prioritize according to your most important dreams and goals and you can create your perfect reality 23 unhealthy and self defeating mindsets and how to avoid them When you move from a fixed mindset to a growth mindset anything is possible How to overcome low self worth and appreciate how amazing you are How to stop comparing yourself to others a mindset practice which limits what you can achieve and who you can become What you focus on most of the time drives your behavior and your behavior in turn molds your existence Why perfectionism kills success How to beat mindsets of greed anger procrastination excuse making and playing the victim Why learning from the past is fine and planning for the future makes sense but these can also harm The positive healthy mindsets you can embrace to change your life starting right now Former underachievers become successful in a number of endeavors and walks of life seemingly overnight once they kick negativity to the curb and embrace

a positive proactive mindset That is exactly what *Conquering Unhealthy Mindsets With Jazz* can help you do It shows you how to remove limiting mental blocks and self beliefs which have kept you from realizing your dreams and desires **Be an Achiever** Samuel Singh,2019-03-02 Be An Achiever of your goals How to Stop Making Excuses and Achieve Your Goals How many incomplete goals do you currently have on your agenda If you re anything like the vast majority of us then chances are that you have hundreds of projects that you started and never completed countless goals that you told your friends but never saw through and all kinds of dreams that seem to be getting less and less likely to come to fruition And it s for this reason that you may find people roll their eyes when you tell them your next big project When you start a new training program to lose weight and everyone including you knows that you re likely to have lost interest by month two Or when you talk about the app you intend to make the website or the business project Or when you talk about that dream trip to Japan This is the way of things for many of us We work incredibly hard at things we don t feel passionately about just to put food on the table but when it comes to fulfilling our dreams we are remarkably ineffective It s time to change all that and to start making those goals happen But how can you turn it all around *Make It Happen!* Stephany Molina-Gerena,2018-11-23 Accomplishing goals is about strategy it is about making a cognitive shift to change the way you re thinking and it s about being smart about how you approach each goal It s also about knowing how to choose your goals and even how to phrase them **Labor Digest** ,1912 The Preacher's monthly. Vol.2-7; editor's ser., vol.1, no.1-6 , **The Spatula** Irving P. Fox,1914 The Labor Digest ,1911 **Addresses** Dwight Lyman Moody,1875 **New York Produce Review and American Creamery** ,1924 Dairy Produce, the Dairy and Poultry Magazine ,1924 The Southern Workman ,1906 The May or June issue of 1900 1939 includes the report of the institute s president for 1900 1939 The Epworth Herald ,1897 *Printers' Ink* ,1900

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