Whoops, there it goes again!

How to stay positive when the bottom drops out of your world!

Your Excuses!

Recognise your excuses.

List your excuses so you are aware of them. Understand that excuses are often your chimp's way of making you procrastinate. You now know better! Don't let him win.

My excuses about my health, career, relationships, happiness etc are:

What's my story?

Understand what "story" you have been telling yourself and others as to why you can't change or improve.

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