

Don't Let Your Excuses Get in The Way of Your Success

"Whatever reason you have for not being somebody, there's somebody who had that same problem and overcame it." -- Barbara Reynolds

Here we are three weeks into the New Year and by now some of the euphoria is wearing off and reality is setting in. All those great resolutions we made back on January 1st, are slowly sliding by the wayside and easily forgotten as we settle back into our old familiar routines.

Let me use myself as an example. I came back from my holiday on January 7th armed with my New Year's intentions and possibilities galore. Remember that old saying "Be careful what you wish for because it just might happen?" Well, it did. My email box was filled with requests for articles, guest speaking and a TV show appearance. Ask me if I'm elated.

One of the reasons my intentions were fulfilled is because I got clear about what I wanted and writing it down really made it happen. My overflowing inbox with requests was concrete living proof of this. Yet I noticed that when I shifted into my action mode... BAM, my pesky little critic inside popped up and said, "You can't possibly do all of this! You've got too much to do already." And next came the excuses. "I'm too busy... I can't take on anything more... I'll never be able to answer all these emails in one day... What if..." Blah! Blah Blah! Don't you just hate it when that happens?

The bottom line is this - There will always be excuses why you can't do something. That's the fear and excitement showing up for you, and it is okay to feel like that. However, you can't let that little negative voice get in the way of what you want to create in your life, and stop you dead in your tracks from achieving the success you really want and deserve.

Here's what I do to keep myself focused, on track, and true to me and my intentions:

1. Every morning I write down my Intention Statement for the day in my daily journal. I clearly state "Today my intention is to only think about, talk about, bring about, and be about that which I want to create in my life and business." By doing this first thing every morning, I start off my day in a positive way, clearly setting the path to realize my goals.
2. Then whatever it is that I want to accomplish that day, I also write these statements down as well. It could be to connect with someone, completion of a project, make appointments, prospecting, marketing, writing, etc. This way I have a clear picture of where I'm going for that day, so that if I do get overwhelmed, I can go back to my intention statement for guidance and get back on track.
3. If I do get sidetracked, I immediately look at my Intention Statement and start over again. It only takes a few minutes to re-read my morning Intention Statement and readjust my thought patterns and get back into the positive track of my day. I'd rather spend 5 minutes putting things into perspective than waste an entire day beating myself up for not accomplishing what I really wanted to do in the first place.

Why not try these 3 steps to getting your life and intentions into high gear? Always remember - don't let excuses get in the way of your success this year.

This step is just one of the many Strategies and Action Exercises that are covered in my People Pleaser No More™ System that will help you create more productivity, more profit, and more power in your life and business right now. If you haven't ordered your system yet, visit <http://www.successsource.biz/PPNM/ppnm.html> TODAY!

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