# 6 WAYS TO STOP MAKING EXCUSES FOREVER



- 1. STOP RELIVING ON PAST FAILURES
- 2. TAKE RESPONSIBILITY FOR YOUR MISTAKES
- 3. LEARN TO PICK YOURSELF UP AFTER FALLING DOWN
- 4. FOCUS ON YOUR STRENGTHS AND BUILD ON THEM
- 5. IDENTIFY YOUR WEAKNESSES AND WORK ON THEM
- 6. STOP COMPARING YOURSELF TO OTHERS



# **Stop Making Excuses**

**Sebastian Brünink** 

#### **Stop Making Excuses:**

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They knew what they wanted to do And they went after it with everything they had heart mind and soul There's one characteristic that sets successful people apart from others Makes them stand out like lions amidst a herd of sheep It's easy to spot them thanks to that unmistakable aura What is that quality I ve had many people write to me They express their fears lack of self esteem They tell me how they shiver at the thought of addressing people Whether it s a public speech or a social gathering fear grips them and prevents them from doing anything else Some of my friends also have the same problem Not that they don't work hard No They give everything they have Yet they struggle to become successful So what is that quality that separates successful people from others You guessed it It's confidence I ve observed that most people are willing to work and give it their best shot but they lack confidence What exactly is confidence though Is it some mysterious secret you can t possess And why is it so hard to gain confidence especially when you need it the most Well confidence is a momentary emotion of clarity certainty and control Clarity of your thoughts control over your mind body and actions and certainty for performance followed by commitment to your goal Confidence is derived from fidere from Latin which means trust Simply put confidence is about trusting yourself Then why does that trust waver at times Because confidence is not permanent It s a momentary strength that needs to be practiced There are several techniques scientific and creative to do that And this book will reveal 101 ways to do it **Abcs That Make Cent\$** Cynthia Elliott CPA,2011-10-31 Do you know your ABCs to money management Are you able to make dollars and sense out of your personal finances Does your family have financial independence If you answered no to any of these questions then ABCs that make cent is just for you It is essential for everyone to apply these ABCs to their own money management system You and everyone in your family will learn how to apply the knowledge and translate it to your own personal life its as simple as 1 2 3 If you do not learn this NOW then you and your family could miss out on various opportunities needed in order to survive and succeed financially in these challenging times There is hope ABCs that make cent will provide ways for you to manage your finances enforce budgeting and saving and set goals to build wealth The instructions provided are for you to carry forward and follow daily The direction is to have funds for rainy days emergencies special occasions big events and retirement As a family you will learn special techniques that will be amusing for the adult and entertaining for your children of all ages These tools are crucial for your future well being and for the name sake of your youngsters Allow ABCs that make cent to help you get up stay up and initiate ascending to higher financial grounds This book is definitely a Godsend Stop stumbling at base level zero and start climbing to financial wealth by using the ABCs detailed in this book Quotes regarding the book You are about to embark on a voyage into monetary enlightenment Enjoy your journey You will be rewarded J David Spiceland PhD CPA Professor of Accountancy Cynthia s publication comes at a great time when people are in need of professional advice concerning their finances She has hit a home run Laurence V Plummer Sr President Plummer Financial Services LLC Cynthia has done an excellent job of capturing my weakness when it comes to my motivation to spend I m elated with the solutions she offers and I will make sure

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MINDFUL WELLNESS FOR SUCCESS: ESSAYS ON BEHAVIOUR, MENTAL HEALTH & SUCCESS S.

NALLAKUTTALAM,S. POORANAM,2022-10-11 Wellness is a virtue which people practice in everyday life When we talk about wellness we talk about all perspectives of human life which includes keeping a healthy mind and a body Mindful Wellness For Success is a compilation of essays that will change the way you think and perceive life and its goals It has been written

keeping in mind the challenges which people go through in everyday life The essays have been explained with the help of anecdotes and stories which find relevance in everyday life scenarios Life's amazing secrets find suitability even in office life Some of these secrets are subtly treated in this book This book is neither a manual nor a hand book Most of the essays deal with wellbeing enhancing behaviour sensitivity and can be widely used as a self help book The readers will definitely benefit through the author's thoughts and reasoning The book is based on the values which have been passed on to us through generations and have stood the test of time This writing will explore the various facets of the mind and its manifestations The reader can definitely unwind while reading this book as it is written in an easily understandable fashion After you read the book you can contemplate for realigning your strategies which you have been using to achieve your life goals You will be able to rethink and go over your daily schedule with a fresh mind and make amends Through the book we have made a soulful effort to reach the mind of our readers which holds the key to our overall wellness regime **Holiness** Joseph Bachota Ir., 2009-06 Christians are often labeled hypocrites So what then prevents Christians from living in holiness and crafting an authentic Christian life Joseph Bachota has the intriguing answer Intricately researched and down to earth Holiness Can the Church Do This or Not shares how Christians can begin to examine their lives and find their true path to holiness through faith in Jesus Christ Bachota calls for the church's return to spiritual maturity and urges Christians to hold themselves to a higher standard as God called us to do Using Bible verses and personal experiences to support his view Bachota offers insight into the struggles Christians face in their day to day lives He delves into such topics as how to get into the mind of Christ being transformed by the word of God and the deeper aspects of holiness He also includes probing questions at the end of each section to help you apply the text to your daily life With a lively conversational style Holiness Can the Church Do This or Not will open your mind to a deeper understanding of truly living in Christ Throw off the shackles of hypocrisy and Success Is Easy Debbie Allen, 2019-11-12 Stop Dreaming Start Doing Every small business starts embrace your holiness with a spark an idea a vision But as doubt fear and real world roadblocks get in the way that reach for the stars idea seems far fetched Motivational speaker entrepreneur and success expert Debbie Allen is here to prove that your dream is not nearly as far as you think With actionable strategies and unapologetic advice Success Is Easy is your ultimate guide to taking the leap overcoming obstacles and earning success on your own terms You ll learn how to Take the right risks and earn big rewards Escape the Flip Flop Zone and make quality decisions Craft your personal action plan for success Tell which opportunities will help you or hurt you Harness your confidence to become a shameless self promoter Stop self sabotage and limiting beliefs in their tracks Speak your mind and stick to it Transform failures into progress Conquer procrastination and make things happen Get out of your own way and take the first step towards turning your dream into a reality with this book How to Double Your Sales Bruce King, 2012-12-27 How to Double Your Sales offers a set of proven techniques to give both experienced salespeople and those new to selling everything they will ever need to achieve an extraordinary increase in

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