

EMPOWERSHIP Small Group Study Program

Week 4

TAKING POWERFUL ACTION: Letting go of blaming, complaining and excuses.

SUMMARY:

It is easy to make an excuse without realizing you've done it. There are two types of excuses - those we make for others and those we make for ourselves. Both of these can be dangerous and limit personal and professional success.

Why we make excuses:

- To stay in our comfort zone
- To free us from responsibility
- To protect our feelings

How to flip your excuses:

1. Awareness
2. Commitment
3. Flip the story
4. Take daily action & check-ins



**MAKE AN EFFORT,
NOT AN EXCUSE...**

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DISCUSSION:

1. Where in your life do you make excuses? Why?
2. How have these excuses helped you? How have they held you back?
3. What would change for you tomorrow if you walked into the office free of your excuses?

TAKING ACTION:

What is one excuse you use often?

How has it helped you?

How has it held you back?

What will change for you if you no longer use this excuse?

Are you ready to commit to no longer using this excuse?

Absolutely! Not sure yet

move on after you've circled absolutely

TAKING ACTION CONTINUED:

What new responsibilities will you have to take on, due to this new commitment?

What current behaviors will you have to adjust?

Let's flip your story! Turn your excuse into something powerful and positive and repeat it in your head. Say it out loud often (even if you don't believe it)!

Example:

Excuse - "I work in a boys club, my ideas aren't welcomed."
Flip the Story - "This is the perfect place for me, I am heard, valued and all my ideas are welcomed. I thrive here."

Thinking and saying your new story are powerful tools but they aren't enough to launch you into a state of thriving, you need to back up your beliefs with action!

What action can you take NOW, TODAY to own your new story?
How will you hold yourself accountable?
