

# EXCUSE STRATEGIES

*Pick your top-5 legitimate good excuses that you feel are justified.*

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## **Sample Excuse:**

I am way too busy to exercise tomorrow. I have to work and then pick up the kids and then go to a Christmas party for my husband's work. / will barely have time to breathe-let alone exercise. How can I use this excuse to my advantage and turn it into a strategy or strength? I can use this as an opportunity to prove to myself that no matter how much I do for others or how busy the day is, I can find time for myself. I will wake up an hour earlier and go for a walk before I begin my day. This will make me feel proud of myself and less resentful that I don't have time for myself.

1. Excuse #1 How can use this excuse to my advantage and turn it into a strategy or strength?

2. Excuse #2: How can I use this excuse to my advantage and turn it into a strategy or strength?



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3. Excuse #3: How can I use this excuse to my advantage and turn it into a strategy or strength?
4. Excuse #4: How can I use this excuse to my advantage and turn it into a strategy or strength?
5. Excuse #5: How can I use this excuse to my advantage and turn it into a strategy or strength?

*Excuses are dream stealers and health killers.*

