Activity: Confronting Your Excuses

You cannot overcome your time management barriers until you are willing to put aside your excuses and recognize them for what they are…just excuses!

For the next 10 minutes, think up every possible excuse that you make to yourself for why you can't manage your time, and then explain to yourself why that excuse is invalid.

Your Excuse	Why it is invalid

It is amazing what you can learn about yourself with such a simple short activity. Try this activity again the next time you feel lazy or procrastinating.

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