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NO Excuses!

***10 excuses to eliminate for a successful career.
10 solutions to show you how.***



No Excuses- a few words on my purpose

A couple years ago, I began to realize that it wasn't enough to just "do" and hope that things would work out. I was doing good things. Living in a loving marriage and getting to know my wife better each day. Providing for my family in a good paying job. Writing the words that would become new blogs, and even the pages of my first book. I was getting clearer on the life I truly wanted to live. But, there were things that were holding me back. Limiting beliefs, laziness. And yeah, excuses.

The truth is, so much of succeeding and reaching our biggest goals comes from a process of elimination. Simply put- it comes from getting rid of excuses. I call it "playing defense." As we all know, offense may get you to the dance, but defense wins championships. What you eliminate and what you don't take with you into the future, is just as important as what you proactively work and produce to take with you. Eliminating excuses and bad habits is hard work. But it's always worth it.

Promise me that you will work each day to eliminate excuses and all the B.S. that's holding you back from being your best. Because my promise to you is that you will reap the rewards of a life worth living- a life lived on your terms.

1. “I don’t have the time”

Solution: MAKE the time. If you’re not making the time, then you’re not creating a plan for doing what you want. Start small. Look at your week. Ask yourself if you can spare two hours. You can break that out in 20-minute increments over six days, while still taking one day off. 20 minutes per day to build toward your dream? That is exponentially better than no time at all.

Use a scheduling tool like Outlook. Use Bullet Journal for planning and plotting your tasks, events and priorities. Color-code your time blocks and actually plot them on your calendar. Commit. Commit. Commit.

Children, a demanding job, a tough commute, busy social life, multiple projects to juggle? It doesn’t matter. When there’s a will, there’s a way. When you take a high-level view of your week and begin to drill-down to each day, you realize you can cut out time-wasters like watching TV, surfing the web on your smartphone and texting with your friends.

You have the time.

2. “I’m too old (time has passed me by)”

Solution: Allow me to regale you with a few famous people from history who accomplished extraordinary feats when they were “old”:

Dr. Seuss wrote *The Cat in the Hat* when he was 54 years old

Alfred Hitchcock did the finest work of his life in his 50s and 60s

Cezanne created his most incredible art in his latest years

The list is endless.

It’s never, ever too late to start living the life you want. Desire more inspiration? Read [Malcolm Gladwell’s article, *Late Bloomers*](#). It may change your life. It did mine. Here’s to the late bloomers!

3. “I don’t have enough money”

Solution: Who says you need money? Some of the most successful people of our times rose from poverty to become titans of industry: Oprah Winfrey, Gordon Ramsey, Tyler Perry, LeBron James and many others grew up very poor and with slim odds at success. Do rich people have greater access and more advantages? Undeniably, yes.

But the fire burns brighter for those of us who weren’t handed everything we ever needed. We have to fight harder to get the capital we need to drive change and transform people’s lives. Between now and then, we have the Internet, books, access to cheap transportation and infinite possibilities to create all at low-budget costs. If you can’t be successful without money, then you likely won’t find success once you have it.

You can market yourself using social media and organic outreach for no cost. You can start a club or organization leveraging sites like Meetup for no cost. Get going!

4. “I’ll never make it”

Solution: Start thinking more positively. Speak positive affirmations over your life and see yourself doing great things.

This excuse is the epitome of negative thinking. Negative thinking leads to close-mindedness, doubt and fear. Listen to motivational speeches on YouTube. Find positive-thinking lectures on Leadercast or Goalcast. Surround yourself with winners who instill belief and confidence in you. Build your life on values and find encouraging voices that help you to keep going.

As Henry Ford famously said, “Whether you think you can, or you think you can't--you're right.”

5. “I don’t have any connections”

Solution: It would surely be easier to have a rich uncle that can unlock the doors to that record executive’s office, wouldn’t it? Well guess what? You probably don’t have that. Neither do I. What a shame because I thought I was the next Paul McCartney!

Make the connections! Get on Linked in and start contacting experts and successful business people who might give you their time. Chances are, most won’t respond. But some will. Ask those people to meet you for a cup of coffee — just 30 minutes of their time — and soak in their knowledge and wisdom like a sponge. Always offer something in return.

Give your greatest talent and skill to someone else— free of charge. Watch what you’ll receive in return. Be approachable and willing to approach others if you want to learn something new and unlock opportunities you dream about.

6. “I don’t know how to do it”

Solution: Please, stop what you’re doing. Go to Google and enter in the search box exactly what you’re looking to do in the following way:

How to _____.

Find the best articles and links. I guarantee you someone else has already figured out a way to successfully perform what you want to do. Be a voracious reader– but even before there, be willing to learn.

Learn, act, do.

Just like that, you’re on your way. And now, you know.

7. “I’m too tired”

Solution: If you’re constantly too tired, you may honestly need medical attention to diagnose what your problem is. Maybe you simply need more sleep. Assuming this isn’t it, if you’re always too tired, there’s a very good chance you don’t have enough motivating, inspiring and passion-fueling things in your life. Start doing things that you love that are constructive, edifying and lead to positive results for you and others.

Become addicted to the feeling of helping others and learning more about something that lights the fire inside of you. Then, ask yourself how tired you feel.

The truth is, if you surround yourself with the people and things that bring your joy and fulfillment, and that challenge you, you won’t have time to be tired. You’ll be cherishing every minute with devoted attention.

8. “I’m my own toughest critic”

Solution: All right, a confession: This is perhaps the excuse I’ve found myself making the most. I’m very tough on myself and I find myself looking at the success of others and sometimes feel like I haven’t done anything. I have to remind myself of my wins. I [look at my five-year plan](#) and I see how many things I’ve achieved that I set out to do.

It’s important to note — this excuse can be both a blessing and a curse. I encourage you to demand a lot of yourself, but also to be realistic and to practice self-care. Encourage yourself and speak positive thoughts over your life. They’ll drown out the negative thoughts and help you overcome pernicious self-criticism.

Remember— take a look up at the scoreboard every now and then. Celebrate your wins. Celebrate and give thanks for all the blessings in your life. I bet there are lot more of these than you may realize. You may need someone close to you to remind you just how good you have it.

9. “I don’t know what I want”

Solution: I hear this one a lot from people who are unhappy, lacking direction and staying stuck in the same place. It’s why I begin every coaching relationship with a very, very simple question:

What do you want?

When you can answer this with clear eyes, you have your purpose.

I have a very, very simple exercise for you: Sit down, take out a pen and notepad. Write a running list of all the things in life that make you smile, inspire you, light the fire inside of you and that give you positive thoughts.

Something as simple as thinking of the love you have for children can make you realize that you love to help them. Maybe teaching is something that will make you happy? The act of writing is therapeutic and soothing. Start a daily journal. Keep writing out the things that you like. Before long, you’ll have a list of things to pursue. Then, you just have to take the action.

10. “I’m afraid what others will think of me”

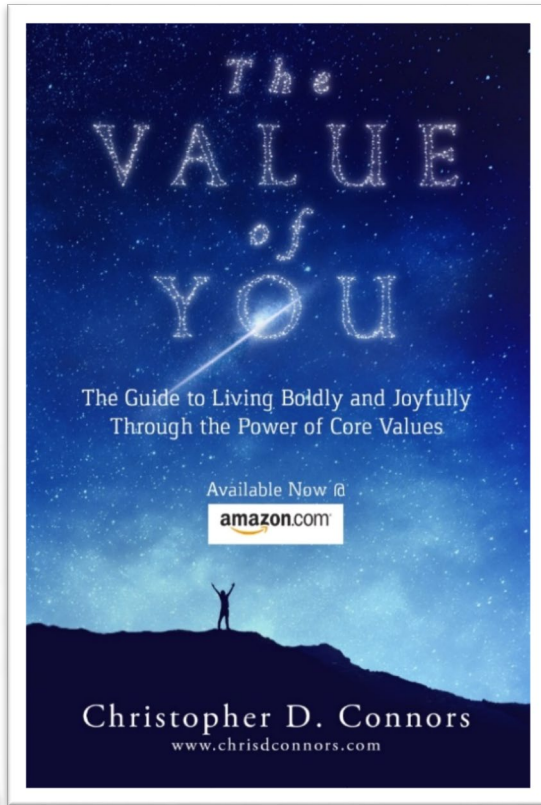
Solution: When you believe in your heart that you’re on the right path, keep going. You can’t live in fear about what others will think of you. This is the excuse and fear that held me back for far too long from living the life of my dreams. Now? I’m living that life each day.

Do what you love, exercise your freedom to do it and do so with supreme confidence and faith. When you really think about it, what is the cost to you of letting the fear of what others might think dictate your actions?

My hunch is that you’d find that cost to be astronomical. Incalculable, in fact. I turn back to Dr. Seuss for this one.:

“Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind.”

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