

Break the Excuse Cycle: 5-Step Worksheet

Excuses may seem small in the moment, but over time they steal our time, erode our self-trust, and keep us from becoming who we were meant to be. This worksheet is designed to help you become aware of your excuses, challenge them, and build a lifestyle of follow-through and integrity. Use it daily, weekly, or whenever you're stuck.

Step 1: Call Out Your Excuses

Start by writing down the excuses you've been making—no matter how small or silly they may sound. This step is about brutal honesty. Identifying your most common mental roadblocks is the first step toward breaking them.

What are the top 3 excuses you've made this week?

1. _____
2. _____
3. _____

Step 2: Ask, "Is This True?"

Now, take a closer look at one of those excuses. Challenge its validity. Ask yourself, 'Is this truly a fact, or is it a convenient way to avoid discomfort?' Look at it from an outside perspective.

Selected Excuse: _____

Is it 100% true? What's the real reason I didn't act?

What could I do instead of believing this excuse?

Step 3: Make It Smaller

Big goals can feel overwhelming, which makes excuses feel justified. Break your task into the tiniest possible action. Even brushing your teeth starts with picking up the toothbrush.

Original Task: _____



What's the smallest next step I can take today? _____

When will I do it? _____ How long will it take? _____

Step 4: Identify as a "Doer"

Your identity drives your behavior. Start affirming the identity you want to embody—not the one your excuses suggest. Speak it, write it, believe it. Identity is formed through repetition.

Fill in the blanks below:

I am someone who _____

Even when I feel _____, I choose to _____

I commit to showing up because _____

Step 5: Find Accountability

Telling someone your plan increases the likelihood you'll follow through. Make your goals visible. Even keeping a habit tracker or sticky note can keep you grounded in action.

Who will I check in with this week? _____

How will I report progress (text, tracker, conversation)? _____

What day/time will I check in? _____

What's one way I'll reward myself for taking action? _____



Why you should “just do the thing”

We often wait for motivation, clarity, or the “perfect time” before we act. But the truth is, **clarity comes through action, not before it.** When you “just do the thing,” even if it’s messy or small, you build *momentum*. You prove to yourself that you’re capable. You interrupt fear with motion.

Take a few minutes to reflect on what “the thing” is for you right now—what you’ve been putting off, avoiding, or excusing—and why doing it *now* matters.

What is one thing you’ve been avoiding, but know you need to do?

What’s at stake if you keep avoiding it? (Think about your goals, relationships, health, confidence.)

What would change in your life if you just did it—today?

What’s one empowering reason to act now instead of waiting?

Now write your personal action mantra:

“Even when I feel _____, I will _____, because _____.”

Now go. Do the thing.

Even five minutes counts. Even showing up halfway still counts. What matters most is that you *start*.

