

**OVERCOMING EXCUSES**

**1. Choose something meaningful you have wanted to accomplish, but have not made progress on**

**2. What is keeping you from making progress on your goal? Order these from biggest barrier to smallest barrier**

**3. Write 1-2 implications for each of these barriers**



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ACHIEVE YOUR EXTRAORDINARY

**4. FOR EACH IMPLICATION (BELIEF), AS YOURSELF, "IS THIS REALLY WHO I AM? DO I REALLY BELIEVE THIS ABOUT MYSELF?"**

**5. Write each implication (belief) as a positive statement**



**6. Identify 1-2 things you can do to make progress on the positive statements from step 5**

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