

Stop making excuses; find the time

Written by Penny Jones-Richardson
Wednesday, 11 September 2013 14:56



Excuses! Excuses! Excuses! We make excuses for ourselves on a daily basis. We make excuses for not finishing what we started, we make excuses for not following our dreams, and we make excuses for just about everything that we know we should be doing but just don't have the drive to go out there and step out on faith.

I can remember making up excuses for not finishing something that I know I should have finished a long time ago. My excuses were that I was working all the time and I was tired when I got home, or it just wasn't enough hours in the day to get it done. All that did was hinder me from being who I truly believe I was called to be. I let those excuses stop me from completing something that should have took me months to complete, but instead it took me over a year to finish.

When we make up excuses to not follow our dreams, we do it because fear steps in. We let fear tell us that it is a waste of time and that we have other priorities that must come first. Believe me I understand that. But also believe that if you don't make achieving your goals your first priority, they will always be at the bottom of your list. You have to see that your goals should be something that is worked on daily. You will never achieve any goal if you make it something that you work on in your spare time. Goals aren't spare time work, they are first and foremost!

Stop making up excuse for not doing something and make the time to do it every day. Find the time! If you have to lock yourself in a room for an hour, make that your time! If you have to use the time right before bed time, make that your time! If you have to tell your family that every day for an hour you will be unavailable, make it your time! When you stop making up excuses for not doing what you should be doing, then with hard work and perseverance you will see amazing results.

Never let a busy day go by without you focusing on your goals and how to make them a reality. And as always remember, **stay focused.....stay determined....and keep striving for greatness!**

Penny Jones-Richardson is a published Author and Life Coach.

www.thequeensproject.com

penny@thequeensproject.com