**The Peril of Excusitis**

**Overcoming the Disease of Failure**

Ask, Today I want to talk to you about a silent epidemic that’s holding back a lot of individuals from reaching their full potential. It’s a condition that affects people of all ages, backgrounds, and walks of life. I’m talking about “excusitis” – the habit of making excuses.

Excusitis is more than just a quirky term; It’s a mindset that can limit our ambitions and damage our success. It’s the voice in our head that says, “I can’t because…” or “It’s not my fault that…” These excuses might seem harmless now, but they accumulate over time, forming a barrier between us and our goals.

Let’s examine some of the most common symptoms of excusitis:

1. “I don’t have enough time.” This is perhaps the most favored excuse. But remember, we all have the same 24 hours in a day. It’s not about having time; It’s about making time for what truly matters.
2. “I don’t have the right skills or education.” While it’s true that skills and education can be valuable, they’re not impossible to overcome. In today’s world, learning opportunities are plentiful and often free. The real question is: are you willing to put the effort into learning?
3. “I’m too old” or “I’m too young.” Age is often used as a convenient excuse, but history is full of examples of people achieving greatness at all stages of life. Colonel sanders started KFC in his 60s, while Mark Zukerberg founded Facebook in his early 20s.
4. “I don’t have enough money.” While lack of capital can be real challenge, It’s rarely an absolute barrier. Many successful businesses started with minimal investment. Creativity and determination or research can often compensate for lack of funds.
5. “It’s not the right time.” The truth is there’s rarely a perfect time. Waiting for ideal conditions often means waiting forever.

These excuses might seem valid in the moment, but they’re usually just fear in disguise. Fear of failure, fear of change, fear of stepping out of our comfort zone.

**So how do we cure ourselves of excusitis?**

Here are a few strategies:

1. Recognize your excuses for what they are. Awareness is the first step to change.
2. Challenge your excuses. When you catch yourself making an excuse, ask, “Is this really true? Or is it just comfortable lie I’m telling myself.”
3. Focus on solutions, not problems. Instead of thinking why you can’t do something, ask yourself, “How can I make this happen?”
4. Take responsibility. Stop blaming external circumstances for your situation. You may not control everything that happens to you, but always control your response.
5. Start small. Don’t let the magnitude of your goals overwhelm you. Break the down into smaller, manageable steps.
6. Surround yourself with action-takers. The people around us greatly influence our mindset.

Remember, success isn’t about having no excuses. It’s about not letting those excuses stop you. Every successful person has faced obstacles and had plenty of reasons to quit.

In conclusion, excusitis is a choice. It’s a habit we fall into, often without realizing it. But like any habit, it can be broken. The next time you’re tempted to make an excuse, pause. Ask yourself, “Is this excuse serving me or is it holding me back?” Choose action over excuses.

Thank you.