Book: *The Magic of Thinking Big*

Chapter-2: “Cure Yourself of Excusitis, The Failure DISEASE”

The path to success is by observing people, those who have achieved success and also those who haven’t. The key main difference between those two is that the successful ones never make an excuse even though they can but people facing failure tend to always make an excuse to convince themselves that this is the reason why they couldn’t make it. If a successful person fails, he or she learns from his or her mistakes. Going through this chapter, I found out that I am also an excusitis. To achieve success, I must vaccinate myself against this failure disease. The author talked about how the usage of an excuse repeatedly gives you a way out of questioning yourself why you couldn’t succeed. Also, this excuse gets ingrained deeply in our subconscious in such a way that we start believing that the excuse is real even though it is our imagination. The four excuses are health, age, intelligence, and luck of which three of them I remember using in my life. Once in the past, I had some health issues because of which I was unable to sit my exams. This health issue of mine got ingrained in my subconscious mind such that whenever I had to take an exam, I would give myself the excuse of why I can't succeed in this exam. I also used to complain a lot about my health issues and I realized that this excuse was blocking me from achieving the desired result. So, I stopped complaining about it to others, and eventually, I overcame it. To cure health excuses, one should first stop complaining about it as one might get some sympathy but would appear more as a selfish personality. Secondly one must stop worrying about his or her health as the more he or she worries, the greater the probability of his or her getting sick. Thirdly, one must be grateful for the health he or she has and should enjoy life by living it, not by wasting it by worrying about one’s health.

Another excuse that I used was luck. When I used to fail an exam, I would tell myself that it was my bad luck that the paper was tough to solve and if I had a bit of good luck, I could have easily passed this exam. The author explains the law of cause and effect. A successful person is not made by luck but by preparation, planning, and success-producing thinking while an unsuccessful person is full of excuses and fails to learn from the failures. Being a wishful thinker would not gain me my success but doing those things and mastering those principles that produce success would. I should concentrate on developing those qualities in myself that will make me a winner. The author says that the thinking that guides your intelligence is much more important than how much intelligence you may have. If I have an interest in any kind of work and I feel enthusiastic about doing it then no force can stop me from succeeding. Most of the time I would either underestimate my brain power or overestimate that of others. What really matters is not how much intelligence I have but how I use what I do have. The author explains why some brilliant people are failures. They use their brain for negative thinking like why a particular task can't work or why a business would fail. If I use my brain in optimistic thinking and invest my energy and time in the task I will succeed. I should develop an ‘I'm winning’ attitude and should continuously ask myself whether I am using my brain to make history or to record history made by others.