Book: *The Magic of Thinking Big*

Chapter 2: “Cure yourself of Excusitis, The Failure Disease”

After reading the chapter “Cure yourself of excusitis, the failure disease”, I learned about Excusitis. Excusitis is a disease in which a person is in a habit of making excuses all the time that are not made by a successful person. I have got to know about so many successful people who would have made excuses then won’t be at that stage.

Roosevelt didn’t hide because of his lifeless legs. Truman didn’t make the excuse of not having a college education. Kennedy didn’t say that he was too young to be a president. Johnson and Eisenhower didn’t duck behind heart attacks. They all stood up and became what they are today.

I got to know about the four most common forms of excusitis and they are health excusitis, intelligence excusitis, age excusitis, and luck excusitis. I also learned the way to protect ourselves from these types of excusitis. I also learned four ways to lick health excusitis. The four ways are to refuse to talk about your health, refuse to worry about your health, be genuinely grateful that your health is as good as it is and the last way is to remind yourself often that it’s better to wear out than rust out. I have learned the three ways to cure intelligence excusitis. I should never underestimate my own intelligence and never overestimate the intelligence of others. I should remind myself daily that My attitude is more important than my intelligence. I should remember that the ability to think is of much greater value than the ability to memorize facts. I have learned the ways to handle age excusitis. Old age is a failure disease and defeats it by refusing to let it hold you back. I have to look at my present age and think I am still young not I am already old. I have also learned to conquer luck excusitis in two ways. Accept the law of cause and effect and don’t be a wishful thinker.

I remember an event that took place in my life where I did what we call excusitis. At the beginning of my fourth year in college, companies started coming for hiring freshers. In the first company I sat, I cleared 1st round and moved on to 2nd round but couldn’t clear the 2nd round and I blamed time and the questions. I made an excuse for not clearing 2nd round that time was less and questions were tough and so many that I couldn’t do. I did the same in around 2-3 company exams. But then I realized, the questions are not tough indeed they are from the course I studied and time is not less instead, it was me who couldn’t do them. Blaming the questions, company, time, etc won’t help instead will keep me where I am and won’t let me move forward. I learned from my mistakes, worked hard, and stopped complaining about the same and finally, I got placed in In Time Tec. And after some time, I got placed in TCS too. That was a very proud moment for me that I overcome where I lack and achieved what I want. I got placed in 2 companies and I chose In Time Tec to start my career and achieve my goals.

Reading this chapter, I concluded that I should not be bounded by negative thoughts that come to mind and indeed fight back with double energy and achieve what I want in my life. I should not be a wishful thinker instead; I should work hard and with a positive mindset I should achieve what I want in my life. Successful people don’t give excuses instead learn from their past experiences and change their lives.