YOU HAVE TO GIVE UP ALL YOUR EXCUSES

Ninety-nine percent of all failures come from

People who have a habit of making excuses.

GEORGE WASHINGTON CARVER

Chemist who discovered over 325 uses for the peanut

If you want to create the life of your dream, then you are going to have to take 100% responsibility for your life as well. That means giving up all your excuses, all your victim stories, all the reasons why you can’t and why you haven’t up until now, and all your blaming of outside circumstances. You have to give them all up forever.

You have to take the position that you have always had the power to make it different, to get it right, and to produce the desired result. For whatever reason—ignorance, lack of awareness, fears, needing to be right, the need to feel safe—you choose not to exercise that power. Who knows why? It doesn’t matter. The past is the past. All that matters know is that from this point forward you choose—that’s right, it’s a choice—to act as if you are 100% responsible for everything that does or doesn’t happen to you. I create that? What was I thinking? What were my beliefs? What did I say or not say? What did I do or not do to create that result? How did I get the other person to act that way? What do I need to do differently next time to get the result I want?

If something doesn’t turn out as planned, you will ask yourself, how did

A few years after I met Mr. Stone, Dr. Robert Resnick, a psychotherapist in Los Angeles, taught me a very simple but very important formula that made this idea of 100% responsibility even clearer to me. The formula is:

**E+R=O**

**(Event+ Response= Outcome)**

The basic idea is that every outcome you experience in life (Whether it is success or failure, wealth or poverty, health or illness, intimacy or estrangement, joy or frustration) is the result of how you have responded to an earlier event or events in your life.

If you don’t like the outcomes you are currently getting, there are two basic choices you can make.