**Think about a goal, state of mind, or area where you aren't where you'd like. Fill in the questions below to create an understanding and path forward**

|  |  |  |
| --- | --- | --- |
| **Why you’re not there (excuse)** | **Why that’s a lie** | **Why you’ll succeed** |
|  |  |  |

**Think of a situation where you feel the world is against you. Instead of asking why is this happening to me, ask why is this happening for me in a way of what you can learn and how you can grow.**

|  |  |
| --- | --- |
| **The situation** | **Why it’s happening for me** |
|  |  |

**Think of areas you may often say 'if only' or put the blame on an external factor. Change that to what you can do, or how you can be instead.**

|  |  |
| --- | --- |
| **If only I had...** | **Instead I can do/can be...** |
|  |  |