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Ordinary People Can Do Extraordinary Things!

I attribute my success to this: I never gave or took any excuse.
Florence Nightingale
Excuses are rationalizations we make to ourselves about people, events, and circumstances to defend our behavior, neglect/avoid taking action or responsibility.

Habitual Avoidance -- Why do we do it?

- Procrastination
  - Avoid feeling uncomfortable -- Pain centers in the brain
  - Temporary excitement
- Relief from boredom
- Pseudo Success/Ego - Falso confidence
  - Cramming, No preparation
  - What’s the big deal?

Anyone can crush their excuses by doing two things!

Admit you’re making excuses
Reframe three key thought processes
**Negative Keystone Habits are Like Zombies**

- Influence multiple areas of your life
- The dread of doing a task uses up more time & energy than doing the task itself. -- Rita Emmett
- Habits are evidence you’re living
  – in “zombie mode”
  – vs.
  – making Conscious choices

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**How Habits Develop**

1. **Cue (Trigger)**
2. **Routine**
3. **Reward**

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**Why are habits so powerful?**

Because of your belief in them!
I’ll never be able to change....
I can’t do that......
It’s toooo.... Hard, difficult, late, etc....
Want to change a habit?
How to kill the zombies!
You have to change your brain (beliefs)
3 New Mantras!
Reframe your thought processes in 3 areas

Secret to Crushing Excuses

I can I can I can

3 Steps to Reframe

I can do it
Self-Efficacy/Mindset

I can handle it
Facing Fear and Doing It Anyway

I can push through it
Resilience
I Can Do It

How You Think About Stress Matters
Self-Efficacy
Mindset (Implicit view of Intelligence)

Stress

How You Think About Stress Matters
Oxytocin
Creates Courage and Resilience

Failure

What would happen if we chased failure like we chased success?
Failure

What if my list of insecurities that I think disqualify me – really just make my story better?

Three Levels of Fear

Level 1 (External)
- You think you're afraid of it
- Passive

Level 2 (Internal)
- Imagining not succeeding
**Three Levels of Fear**

**Level 3**

The real Fear

“I Can’t Handle It?”

**What This Really Means...**

I can’t handle what comes next

Face the Fear

Avoid the Fear

**3 Steps to Reframe**

I can do it

Self-Efficacy/Mindset

I can handle it

Facing Fear and Doing It Anyway

I can push through it

Resilience
I Can Handle It

Things You Should Know About Fear

• Everyone feels fear
• Everyone tries to hide it

4 Things You Should Know About Fear

1. Facing your fear is the only way to defeat it and move on
2. You will always feel fear in new circumstances
4 Things You Should Know About Fear

3. Pushing through fear is MUCH better than the alternative
4. Pushing through fear is MUCH better than the alternative

3 Steps to Reframe

I can do it
Self-Efficacy/Mindset

I can handle it
Facing Fear and Doing It Anyway

I can push through it
Resilience

I Can Push Through It
Resilience

1. Purpose
2. Motivation
3. Realistic
4. Preparation
5. Focus
6. Self-Awareness (Assiduity)
7. Sustaining

Personal Purpose vs. Mission

<table>
<thead>
<tr>
<th>Personal Purpose</th>
<th>Mission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permanent</td>
<td>Shorter Term</td>
</tr>
<tr>
<td>Long Term</td>
<td></td>
</tr>
<tr>
<td>Singular</td>
<td>Multiple</td>
</tr>
<tr>
<td>Goes with you everywhere</td>
<td>Time/Environment dependent</td>
</tr>
<tr>
<td>Uniquely Gifted to do this</td>
<td>May or may not be your gifting</td>
</tr>
<tr>
<td>Takes application of the 7 characteristics of Resilience</td>
<td>Mission without a purpose = burnout</td>
</tr>
</tbody>
</table>

Resilience

1. Purpose
2. Motivation
3. Realistic
4. Preparation
5. Focus
6. Self-Awareness (Assiduity)
7. Sustaining
3 Steps to Reframe

- I can do it
- I can handle it
- I can push through it

Self-Efficacy/Mindset
Facing Fear and Doing It Anyway
Resilience

Simple Strategies to Reinforce Your Change

- Commit to establishing new routines
- Protect your routine, eventually it will protect you -- Piers Steel
- Enlist family and friends -- public commitment
- Pomodoro technique -- 25 minute timer
- Know your next step

Simple Strategies to Reinforce Your Change

- Identify areas of resistance and develop new rituals -- workout clothes
- Identify a more meaningful reward
- Give yourself time and remember the power of yet.
Deal With Distraction

Pause  Examine the feeling  Acknowledge it  Ignore the heckler

3 Steps to Reframe

I can do it  I can handle it  I can push through it

Self-Efficacy/Mindset  Facing Fear and Doing It Anyway  Resilience

Go Forth and Crush Your Excuses With

SUPER HERO STRENGTH

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