

# Embrace Your Rights: Creating an Excuse Free and Fulfilling Life!

Karen Gridley

IMA • December 15, 2009

## Reasons People Make Excuses

### Alignment vs Misalignment

Alignment –

Misalignment –

Step One of an *Excuse Maker*:

Admitted life sucked and it was NOT my fault!

Step One of a *Recovering Excuse Maker*:

Admitted life sucked and *I* created every outcome.

Step Two of an *Excuse Maker*:

Believed outcomes in my life were not in my control.

Step Two of a *Recovering Excuse Maker*:

Believed *I* control every outcome in *my* life.

### **FREE DOWNLOADS**

- ❖ 12 Steps of an Excuse Maker
  - ❖ 12 Steps of a Recovering Excuse Maker
  - ❖ Recovering Excuse Maker Prayer
- @ **[www.KarenGridley.com](http://www.KarenGridley.com)**

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## Right #45

*I have the right to be accountable for my choices, my rights, and their associated outcomes.*

*“The outcomes we experience in life are determined by the choices we make or the excuses we create.”*

**Karen Gridley**

## Reclaim Control of YOUR life!

Breathing technique –

*“Breathe in faith, breathe out fear”*

Affirmations – ie) I am a valuable and worthwhile person

Write your own affirmations:

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## Right #6

*I have the right to treat myself as a valuable person and not expect others to do so until I learn how first.*

*“Unless you’re willing to let go of yourself as you currently are, you cannot become the person you dream of being.”*

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**I feel valued when:**

**Describe yourself in five individual words:**

**Key Question to ask self:**

**Does that thought, word or action serve me well?**

## **Allow Other People the Dignity of Their Life!**

Dignity –

### **LIVE AND LET LIVE**

#### **LIVE**

Starts with self      Embrace own life first

#### **LET LIVE**

QTIP

Hot Air Balloon

TV Screen Analogy

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## Right #16

*I have the right to have a different opinion and still be liked, loved, and treated with respect.*

**EVERYONE IS ENTITLED TO THEIR OWN OPINION!**

There is only ONE person in the entire UNIVERSE I can change.  
That person is \_\_\_\_\_!

**Key Question to ask self:**

**How would I feel if someone was saying (or doing) to me what I'm saying (or doing) to someone else?**

## Recharge Yourself When Life Throws a Curve Ball!

It's not \_\_\_\_\_ happens, it's how we \_\_\_\_\_ to what happens!

\_\_\_\_\_ and \_\_\_\_\_ will increase \_\_\_\_\_

Invest: \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_

Listen – Read – Watch inspirational, motivational, educational content. Meditate.

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## Right #21

*I have the right to take necessary and appropriate steps to improve my life, even if these steps are difficult, uncustomary, or seemingly illogical to me or others.*

## Right #25

*I have the right to be seemingly non-productive at times (i.e., reading, being quiet) and not feel as if I'm wasting valuable time.*

**Key Question to ask self:**

**What can I think, say, or do that will help me at this moment?**

## Persist Through Adversity!

Where are you putting your focus???

Step Four of an ***Excuse Maker***:

Clearly identified why *other* people's lives weren't effective.

Step Four of a ***Recovering Excuse Maker***:

Clearly identified what wasn't working in *my* life.

Key about making mistakes is to ask: \_\_\_\_\_

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## Right #23

*I have the right to make mistakes, including costly ones, and know that I am not a mistake or complete failure. I may be unsuccessful without being a failure or feel the need to eradicate myself off the face of the earth.*

Be willing to make mistakes. Successful people admit to learning more from their mistakes than from their successes.

## Right #17

*I have the right to acknowledge and celebrate my accomplishments no matter how insignificant they may seem.*

### Things you can do:

Chunk it down

Spiritual practice/prayer

Be of service to someone –

Donate time, money, items

Smile

Help someone

***We get what we give out!***

“Whatever you do may seem insignificant, but it is most important that you do it.” Gandhi

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*What if everything is Perfect?!*

PERSIST – A \_\_\_\_\_ at a time!

Inch by inch it's a cinch,  
Yard by yard it's hard!

**Key Question to ask self:**

**What if my next miracle is an inch away?**

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## Keys to Success

- Willingness to \_\_\_\_\_ what currently know
- Commitment to \_\_\_\_\_
- Willingness to make \_\_\_\_\_
- Create \_\_\_\_\_ connections

*Do you want more out of life?*

*Are you ready to perform at your highest potential?*



**Ever wonder how some people seem to achieve their highest potential while others *wish* they could? The answer is simple... those who *do*, work with a coach! All professional athletes have coaches... what *game* is more important than **LIFE**?!**

### What is a Coach's Role?

- **Inspire** you to dream, believe, and achieve your highest potential
- **Encourage** you to persist through adversity
- **Help** you overcome fears and *get out of your own way*
- **Expand** your comfort zones for effective risk taking
- **Expose** the connection between your choices and your outcomes

### Why Karen?

- Personable, Knowledgeable, Compassionate
- Personally experienced the Transformation Process
- Direct one on one communication throughout the process
- Commitment to continual personal development

*"Karen Gridley is amazingly motivating, caring and energetic. In working with her, I was told by people closest to me that they could actually see a change in me after I would have a coaching session with her. She has helped me to reframe my thoughts and to look at things in a whole new way so I can move forward in my life. I am expecting many great things to come my way having worked with Karen, and learning about being open to the anticipation of the very best life has to offer and then waiting for the miracles. I wish to thank you, Karen with all my heart for the great insights you shared with me."*

*Joanne Wagner, Office Manager/Web Designer, Milwaukee, WI*

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