

NO EXCUSES

In today's episode, we are going to be talking about something that I think doesn't get talked about enough, especially in a culture that is centered around shifting the blame a lot of the time. There is always something—or something at fault—for what's wrong with our lives. We were bullied. Our parents got divorced. We didn't make the cheerleading team in 9th grade. Whatever.

But today we are talking about living life with NO excuses, and what that actually means, and also HOW to actually implement that policy in your life and make it stick.

Because courage doesn't mean we are never afraid. Instead, courage is being scared but taking action anyway, despite our fear. It is putting one foot in front of the other, even when we're not quite sure where the path will lead us

STEP #1

KNOW THAT THE ONLY THING YOU CONTROL IS YOU

The truth that there is so much in life that is outside of our control. We have no ability to predict the future or the weather or what major world events and catastrophes will occur. We don't get to pick our family of origin, the color of our skin, or our social and economic standing. We don't get to choose our IQ.

We can't control what other people do, or how they treat us, or what they might say. At any given moment, we could experience an unexpected trauma or tragedy or illness or setback, or yes, even a rogue blueberry—one we never saw coming.

Indeed, the only sure thing about life is that it is completely and utterly unpredictable.

You will never be able to control everything that happens to you, or how people treat you. At some point, the deck will be stacked against you, and something won't be fair. Someone will treat you

badly. You might get sick or injured. You'll have a financial setback. You'll be betrayed.

You can't control what happens to you, or how people treat you, but you can control how you choose to respond. Your control—and your choice—is in the ownership you choose to take, regardless of the circumstances.

But make no mistake—taking full responsibility and complete for your life can feel pretty scary. It means that there is nothing left to hide behind, and that you are standing out there in the open, vulnerable, exposed, and raw.

STEP #2

LOOK FOR A ROLE MODEL, NOT A RESCUER

It's only natural, when faced with the unknown, or when trying to do something you've never done before, or when feeling unsure, to look for a role model or someone else to guide you along the way. Because let's face it—in any endeavor in life, it is nice to have someone who has been there, who just gets it, and knows exactly what you are going through. It's helpful to have someone offering up their wisdom and advice, and possibly even showing you exactly what to do.

And that's true no matter what you might be going through. There's nothing more reassuring for a new mom than another mom offering firsthand advice on everything from feeding to teething to sleeping through the night. There's nothing more helpful to an entrepreneur than talking or listening to other, more experienced business owners.

In general, role models and teachers and mentors and coaches are a good thing, especially when it comes to doing it scared.

When you actively seek out a role model for guidance, you are assuming responsibility and taking ownership of your journey. You are being proactive, not reactive, and you understand that the job of your role model is not to do the work for you, but to show you that it can be done, and to offer guidance along the way.