



Escaping the Excuse Trap

Teacher Tested
STUDENT APPROVED

Common Excuse

"I forgot..."

True Meanings

I didn't take the time or energy to remember.

It wasn't very important to me.

I am not organized and/or focused.

I didn't want to do it, so I "blocked" it out.

Musical Challenges

Dependability takes time and effort, but pays big.

I need to re-evaluate my priorities.

How can I organize and stay focused?

Why do I resist the things that will help me?

Productive Solutions

I will honor myself and others with dependability.

I will prioritize my activities.

I will focus on and organize the things that are important.

I will value and benefit from helpful habits.



"Excellence—not Excuses!"™