DAY 21 TOOL · SHOW THE EVIDENCE

# EXCUSE SCRIPT

An excuse that keeps coming back needs a standing answer, so you are not negotiating with yourself in the moment. Write it as a sentence: when I say this, I will do that.

## THE EXCUSE I USE MOST, WORD FOR WORD

## THE FACT UNDERNEATH IT

## MY REPLACEMENT SCRIPTS

*Example: When I say I am too tired, I will put on my shoes and walk for ten minutes.*

| WHEN I SAY | I WILL |
|---|---|
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## THE NEXT RESPONSIBILITY I WILL FACE IN 24 HOURS