



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #19 Transcript: Living a Life of Excuses - Part 1

JANE SHINE:

How many times have you said - 'well, that's just the way I am'. Or how about 'that's the way I was raised.' Or how about this one 'everyone does that'. Usually this type of response comes from a question someone asked you and then you have your defensive answer - meaning - I can't help it. But did you know that you can help it? You can stop being defensive and making excuses. This episode of the Positively Jane podcast is about excuses. And how living a life of excuses does not bring out your best or even the potential for you to live a content and joyful life. Hang onto your yoga pants cause this one is a biggie!

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! We have been navigating life's highway together and I can't wait for you to dive in and navigate your own life with us.

Today is brought to you by You Need a Budget, or YNAB for short. YNAB is the perfect money resource for those of us who don't have time to keep track of it all. It pulls all of your transactions from your bank accounts - credit, debit and checking accounts and assigns them to the categories of your choosing. Why do you even care? Because knowing is the first step to creating wealth.

I have been using YNAB for years and so have my children. We all love it. Plus, their customer support and how-to videos are amazing.

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JANE:

Ok - let's go!

First up - did you know that the definition of excuse is to lessen the blame that is attached to a fault or offense.



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And did you know that when you are living a life full of excuses you are limiting your potential? Those excuses also hold you back from recognizing opportunities, skills and strengths that you might have that could help you overcome all of life's roadblocks and living a life of joy. Because you are stuck in your old ways...and not open to new opportunities.

There are new opportunities around every single corner. But if you are living your life with one excuse after another you will never find those opportunities.

Let's say someone calls you out on a particular behavior, maybe you spoke harshly to them when asked an innocent question - rather than listening to what they say and making changes you dig into your excuses and hang onto them like a lifeline. You say things like 'Oh my gosh - whatever.' Or 'You are way too sensitive'. Or even 'I always talk like that'. You put the responsibility of the other person's reaction back on them and took zero responsibility yourself. And, you aren't even aware that you are making excuses. Cause...that is the way it's always been for you. Denial and deflection.

So, where did that come from? Why are we like that? Well, some of the things that we say or do come from what we were told. Someone once told us that is the way to react. But most of our behaviors come from observation. We learn by what we see. And many of those observations are not healthy, good for us, or the others around us.

Here are some crazy examples for you to set the stage.

You smoke, knowing it is bad for you - and use the excuse 'well my parents smoke and they are ok'. Or you raise your voice whenever someone gets in your way of doing things because that is what your dad did. Or maybe you spend too much money on clothes because your mom did. Or maybe you were raised in a totally cluttered and messy home and you think that is how it's supposed to be.

Or maybe you are a gossip. You talk about everyone behind their backs all the time. And someone calls you out on it. And your answer is 'whatever'. Because your mom was a gossip too and you are doing what she did. Does this mean that gossip is ok? That it's ok to bash people to others. No. Gossip is hurtful.



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Gossip can create pain in others. I have been a victim of a gossip and let me tell you - it hurts. So, no, gossip is not ok. But rather than making changes you make excuses. Rather than stopping you continue.

Or maybe you have expectations of others around. Expectations that they know nothing about and/or expectations that are unreasonable. And when they don't meet your standards you get angry. Your temper leads. You hurt people with your anger. And when someone has the courage to call you out on it you say 'that's just the way I am'. Or 'leave me alone and knock it off'.

And I gotta say here and now...that is just crap. That is not the way you are...it is the way you choose to be. Especially when someone brings it to your attention. Although I have to interject here and say, if you are yelling at people, hurting feelings, and being a total jerk - you know it. You don't need someone to tell you. You just refuse to change. You refuse to make a difference in your own life and the lives of the others around you.

And when you refuse to change, when you live a life of excuses you are limiting yourself so much. You are choosing the low road and not the high one. You are choosing yourself over everyone else. You are so caught up in yourself that you can't even see the others around you. You are more important than anyone else in the world.

I know this is harsh. And I am not recording this podcast to make you feel bad about yourself. The purpose of this episode is so that you will hopefully see your own behavior and change. So that you, and the others around you, can live a more joyful life.

So let's dig into what is happening to you and your life of excuses.

First up - you are not taking responsibility for your words or actions. You said something hurtful. You did something wrong. You acted inappropriately.

And rather than fessing up you have an excuse. Rather than listening to see if there is any truth in what someone says you immediately deflect with an excuse. I did this because...I said this because...and never even open your mind to the fact that you were wrong.



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Second - you are limiting your growth as a person. You can't grow if you aren't open to change. You can't find joy and happiness if you aren't open to change.

How can you become a kinder and nicer person if you aren't willing to change? How can you live your best and most fulfilled life if you are always alienating others along the way?

Third - You might be caught in continuous regrets or play the 'what if' game in your head. When you feel regretful you can learn how to improve on your past decisions and mistakes. It is an opportunity for you to make changes so you don't have those same regrets in the future. You don't need to spend time wondering what would be different if you did not do, say or act. Analyze that behavior and ensure you make changes so it does not happen again.

One important thing to note here is this - don't allow your mind to take your regrets from the past and hold you hostage emotionally. The never ending cycle of the mistakes of the past can cripple you emotionally. Which can lead to bitterness, sorrow and depression. And when you are in that cycle you can't move forward and so you create more regrets.

Fourth - You also have a pessimistic outlook on life. A pessimist is someone who whines and complains about life. Life isn't fair. She got it...why not me. And you make yourself miserable...which flows into the others around you. While leaning into the excuse 'that is just the way I am.'

And last - when living a life of excuses it's difficult to create goals and reach them. You are quick to point out 'the why it not work out' to others. It rained. She called in sick. I was tired. The dog ate it. I ran out of time. I really don't think that way. My mom needed me to drive her to the doctors.

Rather than facing the fact that you procrastinated and waited until the last minute. Or you lacked motivation. Or you would rather do it the old way and not make changes.

One crazy thing that happens when you face the facts and stop making excuses...your life will change. You will be open to change. You are willing to listen. You are ready to stop making excuses in all areas of your life.



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Achieving your goals requires action. Massive action. But that action can lead you down a path that you never knew existed because you were living a life of excuses. A path that is free of guilt and regret. A path of happiness and joy. A path that leads you to you living your best life.

To overcome your excuses you need to admit that you are making them. Listen to what you say when someone asks you why you did or not do something. Or did or not say something. Is it an excuse?

Ask yourself - What excuses do I make? Why am I making these excuses? Did someone teach me or did I observe the wrong things? What am I settling for and willing to achieve?

And last - ask yourself - How are these excuses crippling what I really want? How are these excuses preventing me from moving forward? How can I make changes so I can eliminate these excuses forever?

Ok - this is the end of part 1 - Living a life of excuses. I hope it has helped you recognize behaviors in yourself that might need to change.

In part 2, episode 20 of the Positively Jane Podcast, I go into greater detail about the type of excuses that might be part of who you are, so that you can overcome them and become the optimistic, kind and generous person that I know you can be. So, stay tuned for next week.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this guide will help you eliminate stress, AND kick anger and irritation to the curb forever - so you can enjoy all that life has to offer.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - let's continue to navigate life's highway... together.



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Put the joy back in your life: [Joyful Living Quickstart Guide](#)

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