

CHALLENGING YOUR EXCUSES

Speak back to excuses keeping you stuck!

Excuses



Challenges

"I might need it someday."

"If I can't use it today in the life I'm leading - I don't need it."

"I might forget a precious memory."

"If the memory is so important, then I must assign it a place that gives it the honour and value it deserves or let it go."

"I can't get rid of this it cost a lot of money. It's perfectly good."

"I'm paying dearly for the space and energy it's taking up in my house. It has to go!"

"I can't donate this. It was a gift. What would they think?"

"Just because it's a gift doesn't mean I have to keep it forever. I've enjoyed it. Now let someone else have the pleasure."