

Growth Planning Life-Skill #3

**BEING ABLE TO SET & ACHIEVE NO EXCUSE -- HIGH PERFORMANCE STANDARDS IN OUR EVERYDAY LIFE**



There are 4 keys to mastering Life-Skill #3:

- 1) **Don't make excuses.** Refuse to continually look for & use excuses for our own failure to perform or achieve.
  - 2) **Focus on actual results.** Always hold our self to the standard of whether we produced actual results, rather than just whether we put in "a good-faith effort."
  - 3) **Work very hard!** Most who succeed in life, do so because they work very hard at whatever they do ... not because they're "brainiacs" or because the system is wired in their favor.
  - 4) **Don't give up!!** Persevere - push our self to the finish line.
- **In the next year, what NO EXCUSE - HIGH PERFORMANCE STANDARDS do you want to set and achieve in your life ?**

GROWTH PLANNING LIFE-SKILL #3 ANALYSIS & MEASUREMENT FORM  
 Being Able To Set & Achieve *NO EXCUSE - HIGH PERFORMANCE STANDARDS*  
 In Our Everyday Life

List 2 <b>PAST</b> situations when you (or someone you know) <b>did</b> use this Life-Skill?	1) _____ ----- 2) _____
List 2 <b>FUTURE</b> situations when you (or others you know) <b>could</b> use this Life-Skill?	1) _____ ----- 2) _____
To what extent are you demonstrating this Life-Skill in your everyday life <b>RIGHT NOW?</b>	<p style="text-align: center;">[circle one number]</p> <p style="text-align: center;"> <span style="border: 1px solid black; padding: 2px;">I AM NOT</span> <span style="font-size: 2em; margin: 0 20px;">←————→</span> <span style="border: 1px solid black; padding: 2px;">I AM</span> </p> <p style="text-align: center;"> <span style="border: 1px solid black; padding: 2px;">Demonstrating This Life-Skill Now In My Everyday Life</span> <span style="border: 1px solid black; padding: 2px;">Demonstrating This Life-Skill Now In My Everyday Life</span> </p> <p style="text-align: center;">0   1   2   3   4   5   6   7   8   9   10</p>