

# 7 Shitty Reasons You Keep Using To Not Better Your Life

We all want a better life. Ok well maybe those of us who don't have a good life now would like a better one and lucky are those who already have one that wouldn't trade it in for anything. Let's not use the word luck here though. Surely luck had nothing to do with these people having an ideal life. They worked hard at it, or they manifested it. Either way. They have a great life and you can have that life too.

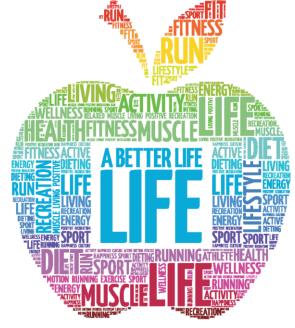
So why don't you already have a great life anyway? What's keeping you from having the life you deserve? You may not like this but the only thing preventing you from having that life is the stories you keep telling yourself as to why you can't have it. the stories, the excuses, the reasons, the limiting beliefs, the lies. Call them what you want but they all mean the same thing. Here are a few that may be holding you back and I'm telling you it's time to change your story.

## 1. It's The Way I Was Raised

Ok, so we understand you weren't raised in ideal conditions. You're not there anymore though. You are an adult now, a grown up. Free to make your own decisions and be your own person. You're not that child anymore growing up in that dysfunctional household. You are free to make decisions to change and improve your life any way you can. If that's what you want of course.

#### 2. I'm Too Scared

Fear is a bitch. No one likes it and it has the power to keep us trapped in a really shitty life. It's easier to stay in the life we've created than to change it. Fear is like a punch in the gut. The minute you start thinking about making some major changes, pow, you get punched in the gut. Punch back. Tell fear to go away, you got this and you can do it, which leads us to the next one.





### 3. I Can't Do This

Why not? That's a limiting belief. A story you keep telling yourself. It could very well stem from childhood or from fear. One thing you must remember, you can do anything you want whenever you want. If you don't know how to do something, learn how to do it. it may not be easy and it may not be quick but it's not impossible. If you want something bad enough, you will figure out a way to do it, including changing your life.

# 4. They Will Laugh at Me/Think I Am Stupid

Who's they and who cares? Still so many people make decisions based on what other people will think of them. We need to stop doing this and start remembering this our life and we are the only ones to live it. and if they laugh? Who cares. Let them. they are only laughing because their insecurities bring out that emotion in them. It's a nervous embarrassed reaction to their own lack of ambition.

### 5. What If I Fail?

Oh but darling, what if you fly? Have you ever seen that quote? Many of us won't do or try something for fear of failure. You aren't going to fail. In life there is no failing. We grow, we learn, we evolve and we keep moving forward. There is no option to fail. No matter what you do, it won't be wrong. The only wrong thing would be to not try. You have got to keep growing.

#### 6. I Don't Know How

Yes, you do. Everything you need is inside of you already. All the answers you need are at your fingertips. All you have to do is ask or seek. But we don't. We tell ourselves we don't know how. I'm scared, I don't know how. That's the shittiest lamest excuse ever. Figure it out. You're a smart cookie. If you want answers bad enough, you'll find them. How big is your why?

### 7. Fear Of Success

This actually is a thing. So many people are actually afraid of success. They have never had it, they don't know what it tastes, looks or smells like. What if they actually get it? Then what? How do successful people act? What are they supposed to do? Go and get it and then you tell me.

There is nothing easy about changing your life. Nothing. But the rewards are worth it. Go out on that limb. Take a chance on you and your new life. You are worth it.