

## ELIMINATE EXCUSES. DEFINE WHAT YOU WANT AND TAKE ACTION.



Many times, "I can't" really means "I don't want to." Remind your student that great things don't happen overnight; they require long-term **commitment**.

We are more likely to work toward our goals if we **define** them, **write** them down, and **share** them with others. Tell your student to ask a friend to keep them accountable to their goals.

**TOOL:** Eliminate "I can't" from your vocabulary. Encourage your student to consider what they can do, and to confront challenges rather than avoid them. Have them write down exactly what they want and to think of **small, specific steps** they can take today to achieve their goal.

*"All hard work brings a profit, but mere talk leads only to poverty."  
Proverbs 14:23  
(NIV)*

*Remember: progress over perfection!*