



Busting the Excuse Habit: Why 'Buts' Sabotage Success

I once met a woman who claimed writing was her passion - yet in the next breath, she machine-gunned me with a dozen 'buts' on why her dreams remained unrealised.

'Buts' negate what comes before them. Our minds unconsciously absorb self-limiting phrases as truth.

Take the statement, 'I wrote a strong book proposal, but it got rejected.' The 'but' discounts the effort, feeding self-doubt.

Repeat this, and limiting beliefs influence aligned behaviours, entrenching excuse loops.

'I network often but never connect' reinforces resignation about relationship building. We start acting from that hopeless place, creating evidence for our self-doubts.

Contrast this with the additive power of 'and' - 'I wrote a strong proposal and will refine it to get published.' This links action to opportunity, fueling persistence.

In short, 'buts' separate us from results, and 'ands' connect efforts to outcomes. One propels us forward; the other impedes progress.

The key is recognising how small words shape thoughts, emotions and actions. Our inner dialogue sculpts our reality. Shape possibility by speaking 'ands' over 'buts.'