



Complaints, Excuses, Regrets: What to Do Instead

COMPLAINTS: Tells you what you don't want, but does nothing to define what you *do want*.

WHAT TO DO INSTEAD: Define what you want and shift your focus on the *island* not the *shark*.

EXCUSES: Show you what obstacles you *believe* are holding you back.

WHAT TO DO INSTEAD: Challenge the assumptions and ask, "What are my choices?"

REGRETS: Tells you what you wish you *would have* or *would not have* done.

WHAT TO DO INSTEAD: Ask for forgiveness and make amends. Or take the next right step to course correct.

BLAME: Tells you who or what you think is more powerful than yourself.

WHAT TO DO INSTEAD: Take your power back and step into responsibility. Own the problem and own the potential.

RESENTMENT: Tells you where you didn't act in your own best interests.

WHAT TO DO INSTEAD: Set a boundary. Speak up. Ask for what you want. Become pro-active, let go of assumptions and become your own best friend.