

YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

Monkey Mind Symptom #10,11,12

10. Excuses:

We make excuses when we haven't done something we said we would do. Usually anything following "because" is an excuse: I didn't take the trash out because I overslept.

11. Rationalization:

A rationalization is an excuse with details: I didn't take the trash out because I overslept. And I overslept because I was up late researching the perfect birthday gift for my partner.

12. Justification:

A justification is a rationalization made "holy": I didn't take the trash out because I overslept. And I overslept because I was up late researching the perfect birthday gift for my partner. And I was researching the perfect gift because I love them so much and am such a considerate partner. So really, it's admirable that I didn't take out the trash!

-Excuses, rationalizations and justifications are monkey's way of not owning that we didn't keep our promise. Remember that monkey mind has the emotional maturity of a 9-11 year old. It wants to stay out of trouble! When we're excusing/rationalizing/justifying why we didn't do what we said we would do (or doing something we said we wouldn't do), we're missing the point. It's not about "why". It's about looking, seeing, and telling the truth about what we did or didn't do, cleaning it up, and doing it. No explanation necessary. This gets us back "on our card" and takes less energy than continuing to excuse why we didn't keep our promise in the first place.