



Unlocking Your Vision

Letting Go of Excuses

Dolphins at Play... As I've experienced the Dolphins playing they often seem to behave quite mischievously, and it is difficult not to believe that they possess a real sense of humor and give much of their time to having fun.

Dr. Peter Evans points out in his book, "The Natural History of Whales and Dolphins", that when young animals play, they are often learning important actions. As I've watched them leap, flip, and spin in the waves it's hard for me to imagine that they are having anything other than a good time. Yet, Dr. Evans says their activities in the water may have a greater purpose than pure pleasure.

When Dolphins leap out of the water, it is often to see whether seabirds are gathering on the surface to feed on fish. Noisy splashing jumps may serve to scare fish into a tight cluster for an easier catch. Complex aerial practices that take place after feeding may be jumps for joy, but they may also serve a social function, such as establishing the bonding that comes from shared pleasure. However, it is also true that these Beautiful Smiling Creatures sometimes play just for fun and they send out a real sense of joyfulness.

My new awareness, regarding the dolphin's playful actions, reveals my inability to tell the difference as to whether they are having fun or their taking care of their personal and physical needs. **Dolphins appear to be in gratitude in all areas of their life and enjoying themselves.**

We have the ability to enjoy and be grateful in all areas of our life. We can look at our challenges as opportunities for learning and growth when we begin **letting go of our excuses.** Accepting our self for who we are, strengths and weaknesses, means letting go of our excuses. As we begin "**unlocking our vision**" we find the courage to let go of our fear of being judged or not liked. We can begin to let go of our guilt regarding choices that we make or where and how we spend our time.

Our excuses are harmful because they prevent us from succeeding. Excuses put the brakes on our progress. As we accept responsibility for our life, our choices, and how we spend our time our confidence and power return and we can accomplish anything we choose.

There is freedom when we begin to recognize where we are spending most of our time and why we make the choices we do. We can then let go of our excuses and make shifts and changes in order to move forward. We can begin to have better relationships, better communication, better health and well-being, better spiritual connection, and make better career choices.

Notice when you are making excuses this week and what feelings you are having. **What excuses do you make concerning your goals and dreams?** What about places you'd like to go in life, things you want to do, things you'd like to accomplish, but somewhere along the way you came up with some good explanation of why you can't have those things.

How we spend our time defines our life. **Notice in what areas you are spending your time this week. Are you willing to be with the truth instead of inventing excuses?** As we become accountable in seeing the choices we make with our time we can then let go of our excuses. We can break the habit of making excuses and the solution lies entirely within our own control.

You can have all the benefits of letting go of your Excuses. You'll take back your power giving you the freedom to make choices that benefit you. You'll be able to confidently make choices that support you regarding your money, your relationships, your career, and your free time. You can be in your truth and be comfortable.

When you give up your excuses you'll find clarity regarding your values, your beliefs, and what you want to commit too. You can make choices based on your needs and wants and not someone else's. You will find the courage to take risks. You'll become authentic and move into appreciation of the life you have now. You'll gain the courage to ask for what you want, and with confidence and clarity you'll move forward toward your dreams and your desires.

Please contact me if you would like to know more about the process of "**Letting go of Excuses**". **My coaching will support your journey of self-awareness and make your transition smoother and easier.** Your willingness to take this step of investing in your life is well worth what you will receive. You will begin to deliberately create and attract the people and things that support the quality of life you desire. My clients have experienced life changing results beyond what they ever thought possible.

Take the first step toward "**Unlocking Your Vision today**"!!

Interested in learning more - go to www.unlockingyourvision.com or email at joyce@unlockingyourvision.com Phone - 858 945-4928

View my inspirational dolphin video www.thedolphinmovie.com

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"Live the Life Your Soul Intended" quote by Rhonda Britten founder of the Fearless Living Institute and author of the book "Fearless Living". www.FearlessLiving.org

"You are not stuck where you are unless you decide to be" -Wayne W. Dyer

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