



Rebecca Ronane
Forward after Fifty



Daily Success Habits: Break Free from Excuses & Boost Productivity

Step 1 – Identify Your Excuses

Look at the list of excuses. Tick the ones that sound like you:

- I worry people will judge me
- I put other people's needs ahead of mine
- I think my goals are unreachable
- I don't believe I'm good enough
- I take myself too seriously
- I think I have nothing worthwhile to contribute
- I agonise over decisions
- I feel the process takes too long
- I believe my goal will take too much effort
- I think I will make a mistake
- I use my age as an excuse

My Top 3 Excuses:

-
-
-



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Step 2 – Reframe Your Excuses into Empowerment

Rewrite each excuse into a positive, action-oriented statement.

- Old Excuse:
- New Empowered Belief:
- Old Excuse:
- New Empowered Belief:
- Old Excuse:
- New Empowered Belief:

Step 3 – Choose Your Top 3 Daily Success Habits

From the list below, circle or write down your chosen 3 habits

- Use a diary
- Write down 3 most important tasks
- Use the 5-Second Rule (5-4-3-2-1 → action!)
- Reduce distractions (apps/notifications/TV)
- Work during your peak energy times
- Free up time by asking for help

My Daily Success Habits:

- 1
- 2
- 3



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Step 4 – Create Your Daily Itinerary

Plan your day

- Morning Ritual:
- Work/Creative Block:
- Relax/Reward Time:
- Evening Reflection:

Step 5 – Reflect & Celebrate

At the end of the day, answer these 3 questions:

- Did I complete my 3 most important tasks?
- Did I reframe my excuses today?
- What's one win I can celebrate?

Outcome:

You've identified and reframed your excuses, chosen 3 daily success habits, and designed a day that keeps you productive, focused, and in control.