

# **5** KEYS TO

**LIVING A NO EXCUSES LIFE  
FILLED WITH JOY,  
PEACE AND SUCCESS**

**NO EXCUSES**

**Drew Hunthausen**

**5 Keys to Living a No Excuses Life**  
**Filled with Joy, Peace, and Prosperity**

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## On the following pages you will discover how to:

- Make a decision each morning to have a good day, no matter what challenges and misfortunes it may bring, and thrive through the challenges and change the world because of them.
- Identify the excuses you make in all areas of your life, both conscious and unconscious, strategies to stop the ones that are keeping you from living an abundant life!
- More easily trust others and stop taking on life's challenges alone. Abundant life is a journey together, as we all need help from friends, family and the other folks God brings into our lives to share that journey. Listen for God's guidance so you can see the other door open even as one is being shut.
- Discover and sustain joy, gratitude, and prosperity in your life, allowing you to combat and overcome your deepest fears.
- Discover that what we believe and focus on throughout our day, as evidenced by our thoughts, words, and actions, determines what we attract into our lives. Learn how to attract more of what you want.

## Introduction

**Do you want to live and extraordinary life filled with all the abundance you could imagine? Do you believe that you are capable of living an extraordinary life? Do you believe that you deserve to have an extraordinary life?**

Napolean Hill, the author of Think and Grow Rich, said that “whatever the mind of man can conceive and believe, it can achieve”. In reality, it’s easy to conceive of an extraordinary life, but much more challenging to believe you can have it. “Believe” is the key word here.

Why does true faith and belief seem so elusive? Many believe it is because very few of us take the time to decide what in life is truly important, and what it is we truly want. If you don’t have a clear picture of what you want, how can you go find it?

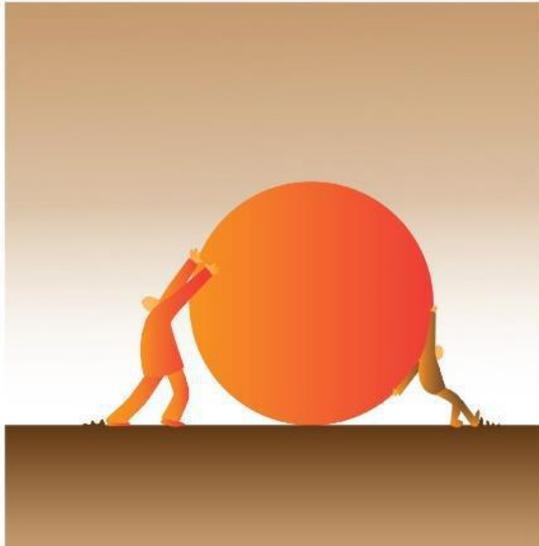
To know what we want requires that we define and decide what “abundance” means to us. True abundance is measured by much more than money, but also by our relationships with God and others, our gratitude and joy, and the way we generate fulfillment through how we live. In the overall, it is actually more of a state of mind.

With a spirit of abundance and in a grateful state of mind, we can more easily create a vision of what we want our extraordinary life to look like. Truly believing that we can have this life now becomes possible, and we are on our way to having it.

**The 5 Keys to Living a No Excuses Life is dedicated to your extraordinary life. Now go out and find it, and always remember that the best is yet to come!**

Drew Hunthausen

## 1 - Identifying the Obstacles



We all have struggles in life. No one is immune. Honestly identifying the things we struggle with is the first important step in learning to better deal with those struggles. The truth is that the struggles as we perceive them are often a symptom of a deeper issue in our being.

Think about the things in life you struggle with the most? Do they include another person or circumstance related to your home life or work? Do you perceive them to include feelings of inadequacy or some other fear, like fear of failure or fear of not having enough. Maybe you just feel overwhelmed. Are some of your most difficult struggles a result of occurrences in your life you had no control over, like an illness or disability, death of a loved one, or a job loss?

For many, honestly identifying their obstacles to real abundance and joy in life will be a more difficult task, primarily because we often wear blinders to true self-knowledge. Pride is most often the blinder that keeps us from honestly admitting our shortcomings and fears that have helped create the obstacles we face. It is this pride that so often gets in the way of an abundant life.



The good news is that a true desire for change along with a measure of God's grace, can start us on the road to honestly assessing and identifying our obstacles. On this journey we learn that much of the struggles and obstacles we face are brought on by ourselves, the way we think, act, and believe.

The first step, then, in identifying our obstacles is a true desire for positive change. Decide that you really do want that life of abundance and joy, and you have taken the most important first step! Only then will you be open to naming your fears, bad habits, dysfunctional responses/habits, and as one of my dad's favorites, Zig Zigler used to say, the "stinkin thinkin" that is holding you back from becoming that wonderful, joyful, successful, and loving person you want to become! Let me help you start the process now! No more excuses!



## 2 - Knocking Out the Excuses



Rest assured that whatever circumstances you find yourself in, and whatever obstacles you face, you are not alone in your struggles. There are many with the same or worse circumstances in their lives. However, honestly coming to terms with our struggles and fears is too often the one of the most difficult steps for many of us, as so much of the difficulties in life are brought on by how we choose to view them and respond to them.

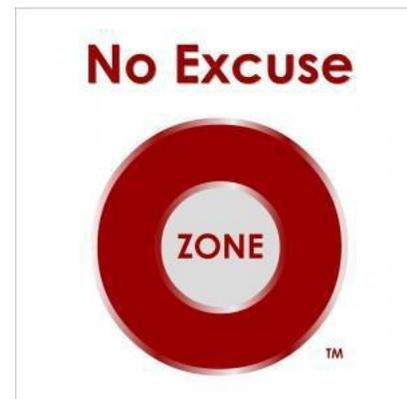
Yes, our response to life's ups and downs is a choice we make based on past habits and the way we have come to think and believe. It may not seem like a choice because our actions often appear to be spontaneous and natural. But underneath it all is a long standing pattern of the "stinkin thinkin" mentioned earlier. Zig would also say we have to get a "check-up from the neck up" to begin to learn that we can wake up every morning and choose to have a good day. Every one presents us with a choice.



Truly believing that we have a choice in responding to what life throws at us requires that we come to know at a deep level how precious and loved we are as children of God and one of a kind human beings. One way to describe it is exemplified in the old saying “God doesn’t make junk.” Deep down at our core, we all have what it takes. You have what it takes!

As we contemplate and identify our obstacles, I have come to believe some of the biggest ones in all our lives, both conscious and unconscious, are the excuses we make. We make excuses for why we can’t, shouldn’t, or didn’t do something. We don’t become or achieve because we don’t believe, and we make excuses.

We aren’t smart enough, fast enough, tall enough, good looking enough, lucky enough, or “you name it” enough. Perhaps we got dealt a poor hand because we got sick or were in an accident and are now disabled, our parents got divorced or even died when we were young, or maybe we were victims of physical or sexual abuse.



In the face of any or all of these, you have what it takes and can decide that you are through with excuses. Decide that you want joy and happiness in your life! Decide that you want to become all you were created to be! God has blessed me with a strong desire to help you in this journey.

### 3 - Overcoming the Obstacles



The word “obstacle” in relation to our success and happiness can conjure up many different emotions like intimidation or frustration. The fact is that no one wants obstacles, but they exist for all of us. How we are responding to them as our lives unfold, can teach us a lot.

One of the most important lessons to learn early in dealing with our obstacles is that we don't need to face them alone. There is a higher power at work in the universe, something infinitely larger than ourselves and from whom we receive guidance and support. Just as with step one in the 12 step program of AA, we need to surrender to this higher power. For me this larger than life support and higher power is God. My faith has carried me through the roughest waters and hardest of times. God has made Himself known to me in a very real way. He wants to do that for you too.

There is something very powerful, called by many the “Law of Attraction”, that is operative every second of every day in all of our lives. Simply put, what we put out in thought and action is what we attract back. Mostly good or positive thoughts and actions will attract back to us mostly the good and positive. Another way to put it might be that our thoughts, words, and actions, all a product of what we believe, work together to create for us the life we are experiencing.



Anything we can conceive and believe, with right and good action, we can achieve. This is certainly not an original concept of mine as a variant of it was famously stated many years ago by Napoleon Hill in his book, *Think and Grow Rich*. The operative word overall is belief or faith. See it, believe it, and you will be lead in right action to achieve it. Most importantly you will attract those people into your life that will help you become all you were meant to become. You are one of those people in my life!

Try viewing yourself as the captain of a ship with God or the higher power in your life in control of the weather conditions, and in possession of all the knowledge and connections you will ever need. As the captain you have some control of the speed and direction of the ship, but if the weather and sea conditions become severe, your control diminishes and you begin to lose your command.

When you have surrendered ultimate control to your higher power and are in communion with Him by faith and listening, you will attract the knowledge, skill, and help you need to successfully navigate the rough waters in a state of relative peace and joy. This is a metaphor for life; we must put trust in something larger than ourselves, and through meditation, prayer, and right action, attract all the good things that the universe has in store for us.

Whatever you do, don't let your past sabotage your present and future. If you sense it is, strive to change the way you express yourself both to others and during your self-talk. Instead of looking for reasons why you can't do something, and maybe convincing yourself you really don't want to do it (excuses), or focusing on something you've lost, think of all the ways that believing in yourself and taking action will benefit you and the world. It is truly amazing how this plays out in day to day life.

Instead of getting hung up focusing on what you don't like or don't want, ask yourself, "What do I want"? This will change your whole mental attitude and you will begin to attract what it is you want, instead of all those things you are trying to convince yourself and others you don't want and are avoiding. It's truly amazing how this plays out in day to day life!

I also love this quote attributed to Napoleon Hill. “Every **adversity** has the seed of an equivalent or greater **benefit**”. Find the benefit and focus on it. You will see amazing things happen.

Having No Excuses Blind Guy as my title continually reminds me of the principles I strive to live by. Perhaps you can think of a motivating title for yourself that will help lift you up to better maintain a positive mental outlook!

Here are some specific steps you can take to overcome your obstacles and begin to live a no excuses life:

A few years ago my dad taught me something he called the 10-10 exercise. He had learned it from a coach he once had, and practicing it really has made a difference in my life. Here is how it works.

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**Have an intention each morning** to take 15-20 minutes and sit down with a notebook.

Make two columns and label one “Grateful/Blessings”, and the other “Desires/Prayers”.

Now write down 10 things you are grateful for or that you consider blessings in your life. These could be things like your spouse or girlfriend/boyfriend, your kids or siblings, your job, a certain friend or friends, a pleasant encounter you had yesterday, your health, a beautiful day, your pet, good news of any kind, etc. Write down things from the most insignificant to very significant. Try to identify some new things to be grateful for each day, but it is ok to keep writing down some of the same things. What’s most important is to write them down anew every day.

In the other column write down 10 things you would like to have or accomplish, or that you are praying for. These could be things like schedule one new speaking gig this week, improved health for yourself, a friend or loved one, a grateful heart, improved communication with a spouse or a friend, that a door would open for that new job (perhaps that you would be attracted to just the right people to open that door), that you would be a blessing to all you meet today, and whatever else you can think of, no matter how big or small.

What this simple exercise does it create an intentional focus on both being grateful and on what you want more of in your life. Follow it for 30 days and see for yourself. You will notice things start to change in your life because of how you are changing the way you think and what you focus on. It is impossible to feel gratitude and sadness at the same time!

## 4 - Creating Your Motivational Compass

As we practice and learn to focus on what we want and are grateful for, life's challenges don't go away. We just learn to navigate the challenging waters with greater ease and with a joyful heart. Our attitude naturally turns positive and the "excuses" diminish.

I have a formula/ strategy that will greatly help you avoid the obstacles you want to stay away from, and use the ones you do face to help you grow in your life's journey. When you are in a situation or doing something that you don't like ,+ or want to get away from; it could be a job, relationship, habit, or whatever, you need an effective with a plan.

My five part formula/ strategy that is designed to help you achieve your greatest desires in life while avoiding the obstacles is called "ANGEL". This is your "angel" of change and transition to living the life you want and desire.



**A: Attitude** – Take great care of your attitude. It is more precious than gold for a happy and fulfilled life. Your attitude determines your altitude.

**N : No Excuses** – Take responsibility for your life and learn to live without crippling excuses. Believe that you truly do have what it takes to become all that God created you to be.

**G: Gratitude** – Always focus on being grateful. Brain science tells us that focusing on gratitude actually creates joy. You cannot be grateful and sad at the same time. Most significantly, gratitude is the foundation of a good attitude.

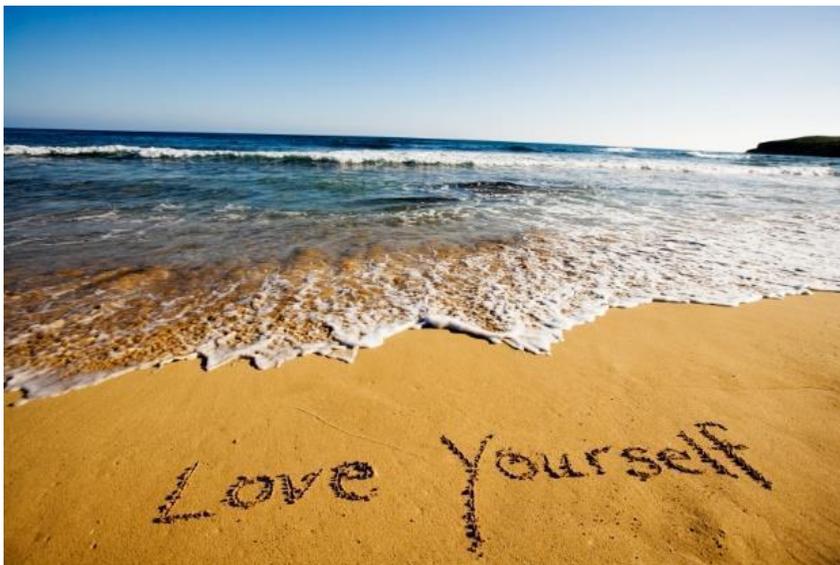
**E: Exercise** – Take care of yourself physically by developing a regular habit of exercise. You will feel better physically, mentally, and emotionally. Your body is a gift from God. Keep it active and healthy. Have an intention to “wear out” rather than “rust out”. In the same way, exercise your mind and keep it active and healthy as well. Feed it in a way to produce positive and healthy thinking. Keep moving and keep learning.

**L: Love Yourself** – Learn to truly love who you are as a child of God, because only then can you extend that love others. Be true to yourself and know that you definitely have what it takes to live a joyful and productive life. An important part of loving yourself is learning to truly forgive yourself and others. Someone once said that “unforgiveness” is like taking poison and expecting the other person to get sick.

## 5 - Staying Motivated with Drew

My 5 Step “**ANGEL**” of change and transition is not just for a positive and incredible life transformation, but also an “**ANGEL**” for stability to keep and maintain your dreams as you grow and continue on your successful no excuses journey!

It is crucial to know that we don't navigate through life alone. Whether we are fully able bodied or disabled in some significant way, we get by with the help of our friends, family, co-workers, and sometimes total strangers. Be intentional about helping others, and learn to be humble and accept the graciousness and charity of those choosing to help you when you need it. Another saying from Zig Ziglar (he was a favorite of my dad's) goes something like this “If you help enough other people get what they want, you will get what you want”!



One of the most important lessons I've learned for life in general, no matter if we have a disability or not, is that we can't be the best at everything. We are gifted in some areas and not in others. We can't all be professional golfers, great musicians, or financial gurus. We can, however, learn to identify our gifts and our limitations, and then be the best we can be. Learning to accept that as enough, is huge. Don't make excuses, be grateful for the gifts you have and put yourself out there to achieve your all! Be bold and face your fears with the confidence that you have what it takes!



We are all a work in progress and my intention and sincere desire is to help each and every one of you be all you can be by living a "no excuses" life filled with gratitude!

**Stay Connected by going to [www.DrewsInspirations.com](http://www.DrewsInspirations.com)**

**to help you stay motivated**

**Here are some additional short thoughts to help you on your journey:**

- > Always be Truthful.
- > Always keep promises and commitments.
- > Humor is essential.
- > Look for the positive in everyone and in everything you do.
- > Understanding must come before being understood.
- > Enjoy the beauty of God's natural creation.
- > Have faith and seek guidance and wisdom from your higher power (to me that is the one God who created the universe and sent His only son to save us– love to talk about Him with you anytime).
- > Set goals and follow through to achieve them.
- > Give thanks and praise God for what you have and who you are.
- > Relax and take vacations as frequently as you can, even just mini vacations if that is all you can manage.
- > Surround yourself with loving and supportive people.
- > Speak and Act from your heart.
- > Live in the present.
- > Life is an attitude.
- > Love and accept others just how they are; try not to judge.
- > Enjoy and have fun with life!

