

Blame, Excuse, Justification



By Welly Mulia

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“When you fall, do you have the strength to get back up?”

I LOVE that question!

Today’s post is meant to give you inspiration and motivation in your life. If you’re currently experiencing the lows in your life, you want to read this!

Most people complain how unlucky they are or how unfavorable their situations are. Whether it’s about their life in general or about work or just about anything else, this is how most people feel about themselves and life in general.

Blame, Excuse, Justification

They blame it on other people when they fail or don’t achieve success. They find excuses to justify their failure. How often have you heard things like:

“If only I was born into a rich family. My life wouldn’t be this miserable!”

“It’s all the government’s fault for not doing enough to ensure that the unemployment rate is as low as possible!”

“If only I was born handsome or pretty...”

And so on and so on... You get my point.

Instead of reflecting what went wrong and what didn’t work out (that lead to their failure), these people spent time whining and complaining. They could have instead made good use of their time identifying and analyzing what went wrong so that they don’t repeat the same mistakes in the future.

Instead of keeping a positive attitude and learning from their mistakes to become better, they fill their hearts and minds with anger and hatred, as if the whole world owes them something.

Take a look at this popular quote by Randy Pausch:

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The brick walls are there for a reason. The brick walls are not there to keep us out; the brick walls are there to give us a chance to show how badly we want something. The brick walls

Blame, Excuse, Justification

are there to stop the people who don't want it badly enough. They are there to stop the other people!

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And also this one by Randy too:

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Experience is what you get when you didn't get what you wanted.

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The next time you try something and you fail (temporarily), remember these 2 quotes for they will strengthen you and make you want to get back up to try again and again and again.

Instead of cursing (that you fail) and complaining about it, accept the fact that your failure is experienced gained. Your failure leads you to learn or discover something that you had not known before.

Negative Energy

When you complain and whine to other people, you produce and spread negative energy to those around you. Take a look at the following scenario:

Alex, John, and Peter are on their way home from the office and they meet at the train.

Alex: Hey how's it going guys?

John: (giving a grumpy look...) Very BAD! Today's a really terrible day for me!

Alex: (thinking to himself - a terrible day again? It seems that every time I meet this guy he always have a terrible day). What happened?

John: GOD is so unfair to me. I have to work long hours in the office and the pay is nowhere near what I've contributed to the company. The economy is so hard these days. The bills are increasing but I don't get a raise. I hate my boss!

Alex: Yeah I'm no better off myself. I'm working from 9 to 5 every day in the office and I'm struggling to make ends meet too. Life just sucks! If only I was born into a rich family, all my troubles would disappear.

Blame, Excuse, Justification

*Peter: Yup that is so true! Life is just hard man. It's getting more and more difficult to achieve the company sales target. And if I don't reach that target, my job is in jeopardy. Life is hard and I sure envy those lucky rich b**tards!*

I'm pretty sure you'd agree conversations like this are taking place EVERYWHERE. If a person starts the conversation with a negative attitude, he WILL pass that negative attitude to those around him. RARELY do you hear Peter saying things like:

Peter: No I don't think so. Life has been very good to me. Although I haven't reached my sales target for this month yet, I'm going to work even harder to make sure I close more sales. You guys need to stop blaming other people and other factors that are outside of your control, and instead be responsible for your own actions. Find solutions instead of looking for excuses all the time.

The reverse is equally true – if you start off a conversation by keeping a positive attitude, the conversation is likely to continue and end up in a positive tone.

Next time you start off a conversation, be sure to start it off with a positive note. Think ABUNDANCE instead of scarcity.

If you think life has it hard on you, watch [this video](#) and THINK AGAIN!

Nick Vujicic is a LIVING INSPIRATION to mankind. He is HAPPY and contented with his life even though he does not have any limbs. He feels BLESSED.

Are you happy and contented with your life? Do you feel blessed? Are you ***keeping a positive attitude?***

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