

Why don't you? . . . Why can't you? . . . Why won't you? . . .

8 REASONS WHY

Why is a big question. What's the answer to the big question? How big an answer can you come up with?

Here are the most common eight reasons why:

1. Time
2. Money
3. Education
4. Skills
5. Obligations
6. Looks
7. Weight
8. Strength

The problem with all eight is that they are excuses and they are not valid. In the moment, they may be valid, but none are insurmountable to someone who truly wants to do something.

We all have the same amount of time. The issue is how we use our time. This year we may already be committed. But, we can schedule something for a future time and then do it. We're not too busy forever to do something we truly want to do.

Money is about making the effort to earn enough to do what you want and also to manage your spending. It's priorities. What about those with great cars but small houses or apartments? They made choices, you make choices, also.

Education we can all get. It takes time and effort, but we can get it. We need only to start, to make it a priority. We can always find a way to do something if we want to do it.

Skills we can acquire. We can train under someone who has the skills and we can practice until we get proficient at it. It's a matter of effort and it costs nothing to make an effort.

Obligations we all have. Young parents are obligated to their children and may not have time right now. They can plan and they can use part of their precious free time to learn the skills, or start the education needed for that which they want to do in the future when the children don't take so much time. It's planning and scheduling, and that is not difficult, nor does it cost anything.

Looks are in the eye of the beholder. You are good looking enough. You can use make up. You are magnificent to someone. Don't judge yourself, just go for it.

Weight can be an issue, and can be solved. If something means enough to you, you can lose the weight. It is as simple as burning more calories than you take in. If losing the weight is more important than the taste of the food you'll lose weight. It's your life, it's your decision; and you can do it, if it means enough to you.

Strength is an acquired skill. One needs to work out, be it at a gym or at home. Start a strength training program and you'll be amazed at the strength you can acquire. We all have the ability to do so. The issue is to use our ability.

So, the why's don't work, they don't hold water, and we know they are just excuses that anyone can see through.

Why is usually because we are afraid or because the item in question means less to us than other things we are currently doing.

The test is to ask yourself, 'why not'. If it is meaningful, you can do it.