

Get Off Your "But"

How to end self-sabotage and stand up for yourself

Author: Sean Stephenson

Book Summary

by Jean Caton

The Business Woman's Coach

www.JeanCaton.net



If you need to strengthen your perseverance - read this book. If you need to stop justifying why you are not achieving a goal - read this book. If you have a dream that someday you will... - read this book and stop waiting for *some day*.

Sean Stephenson, is a remarkable man who has overcome incredible adversity and is a successful, happy person. This book is about how he moved beyond his limitations and how you can transform your life by moving beyond yours.

Although at times the book seems to zig-zag into different topics, each lesson is jam packed with value, insight, and life lessons.

The main theme running through the book is that the quality of your beliefs and self-talk are so powerful they determine everything from minor day-to-day habits to your major life achievements (or lack of). Believing you are not good enough, smart enough, pretty enough, talented enough can prevent you from reaching your potential and destroy your dreams. Beliefs that result in ample self-confidence do just the opposite.

The author describes beliefs this way " a belief is a thought you have convinced yourself is true" (without evidence.) It is the negative beliefs that cause the excuses that result in self-sabotage,

A belief is just a thought you made real."

The lessons in the six chapters of this book are too numerous to talk about in this brief summary. I have selected a few of my favorites to highlight here and want to begin with the words of advice the author added as *One Last Thing...* at the end of the book. He references a quote from his mentor Eben Pagan which Stephenson says took him time to internalize and accept:

" Learning doesn't occur until a behavior has changed. As long as you know something intellectually but you have yet to put it into practice, you haven't learned it at all"

This is a significant quote. So often we read a book, attend a class, seminar or other educational experience and think, of course I know that. This is true of much of the advice in the book. Yet, you do not *know it*, until it is as natural a routine as brushing your teeth. So as you read about what Stephenson has to offer in his book, do not just *know* it in your head. Make it a part of who you are. Get off your BUT and go after what you want by translating the advice from the book into action.

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Here are some ideas to help you do it:

➡ Words have impact both when they are said aloud as well as when they are thought. Positive people use positive, uplifting words. On the other hand, victims' vocabulary is negative, cynical, complaining and blaming. Victim words can cause inertia, procrastination, and self-sabotage.

➡ Words can heal, hurt, or transform you and others. Surround yourself with positive people and choose your words carefully they have significance. Be sure you mean what you say. Choose positive, confident words that create the reality you want.

➡ Listen to yourself and replace negative statements with empowering words. Hear yourself when you use BUT phrases:

➡ I would BUT (I have this fear.) What if I fail, am rejected, laughed at, look bad, don't do it right? Recognize when fear is crippling you. Fear is a waste of time. So often what we fear never happens.

➡ How confident you feel is also affected by how you carry yourself physically. Body confident position can boost self-confidence. Could you really feel wishy-washy standing with your hands on hips, feet slightly apart, and the Rocky theme" playing in the background?

➡ Focus on confident, positive outcomes versus what is missing. Don't focus on being overweight and losing weight - focus on what you want to achieve and achieving health.

➡ Finally, it's about ownership - of your life and not allowing addiction, excuses, thoughts, or fears to make you feel like a victim of external circumstances. The author says the best lesson he has learned to help him is that cause is greater than effect. When you live at cause, you are in charge of your own life, feeling empowered. When you live at effect you feel that life "happens" to you.

➡ It is when you live at effect you pile on the reasons, excuses, alibi's when you are living at effect you are stuck on your BUT. Get off your BUT. Jettison procrastination and inertia based on fear.

➡ Live at cause not effect. Don't allow your life to be littered with trash of excuses.

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Author Susan Jeffers PhD *Feel the Fear and Do It Anyway.*