

# 100% Me: Physically: Crushing Excuses Insecurities To Become 100% You

Becoming the best version of yourself is not easy but it is possible.



## 100% Me: Physically: Crushing Excuses & Insecurities to Become 100% You! by Lisa Lewison

★★★★★ 5 out of 5

Language : English  
File size : 5220 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 14 pages  
Lending : Enabled



100 Me Physically Crushing Excuses Insecurities To Become 100 You is a book that will help you to overcome your excuses and insecurities, and become the best version of yourself. The book is written by a team of experts who have helped thousands of people to overcome their challenges and achieve their goals. In this book, you will learn:

\* How to identify your excuses and insecurities \* How to challenge your negative thoughts \* How to develop a positive self-image \* How to set goals and achieve them \* How to live a life free from excuses and insecurities

If you are ready to make a change in your life, then this book is for you. 100 Me Physically Crushing Excuses Insecurities To Become 100 You will help you to overcome your challenges and achieve your dreams.

### **What are excuses and insecurities?**

Excuses are the reasons we give for not doing something. Insecurities are the doubts and fears that we have about ourselves. Both excuses and insecurities can hold us back from achieving our goals.

Excuses can be anything from "I don't have time" to "I'm not good enough." Insecurities can be anything from "I'm not smart enough" to "I'm not attractive enough."

If you find yourself making excuses or feeling insecure, don't worry. You're not alone. Everyone experiences these things from time to time. The important thing is to not let them control you.

## **How to overcome excuses and insecurities**

The first step to overcoming excuses and insecurities is to identify them. Once you know what your excuses and insecurities are, you can start to challenge them.

Ask yourself if your excuses are really valid. Are you really too busy to achieve your goals? Or are you just afraid of failure?

Ask yourself if your insecurities are really true. Are you really not smart enough? Or are you just comparing yourself to others?

Once you've challenged your excuses and insecurities, you can start to develop a more positive self-image. This means focusing on your strengths and accomplishments, and accepting your weaknesses.

It also means setting realistic goals for yourself and believing that you can achieve them.

Overcoming excuses and insecurities is not easy, but it is possible. With the right mindset and effort, you can achieve anything you set your mind to.

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100 Me Physically Crushing Excuses Insecurities To Become 100 You is the book that will help you to overcome your challenges and achieve your dreams. This book is full of practical advice and exercises that will help you to:

- \* Identify your excuses and insecurities
- \* Challenge your negative thoughts
- \* Develop a positive self-image
- \* Set goals and achieve them
- \* Live a life

free from excuses and insecurities

If you are ready to make a change in your life, then Free Download your copy of 100 Me Physically Crushing Excuses Insecurities To Become 100 You today.

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