WORKSHEET **My Excuse-Killer List**

Write down your five most common excuses, exactly the way they sound in your head. Then name the family, note when it usually shows up and write your answer. Keep each killer line short enough to fit on the back of your hand.

Excuse 1, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 2, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 3, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 4, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 5, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

The voice trick that worked best for me (cartoon, chipmunk, elbow, or none): _____

My Tired test, in my own words: _____

☐ I said each killer line out loud at least once.
☐ My top line is somewhere I'll see it at the moment the excuse usually hits.
☐ I know which family is my favorite play.
☐ I know my three answers: the minimum for reluctance, a better setup for an obstacle, rest for illness or a genuine limit.

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