

Chapter 1 : 3 Excuses You Should Never Use To Miss A Work Meeting

The best excuses for getting out of work are truthful ones. Everyone needs a day off now and then. Before you assume that you need a more fanciful excuse, examine your real reasons and ask yourself if they're legitimate on their own.

Listen to the excuses they make. They shuffle around the office looking for free candy. Unproductive employees have an excuse for everything. Listen for them, then correct the action to get things back on track. I hear this one constantly. What unproductive people might not realize is that we are all overworked. Instant access to email and a mobile browser means work is always just a click away. What separates the wheat from the chaff? They just do the work. They focus on their role too much and on what everyone else is not doing. They just do whatever it takes to get things done and plow ahead, analyzing the exact role definitions later. Forget the Mark Twain quote about procrastination. Unproductive people waste time because they live in a constant state of incongruity. The loose ends of their tasks never meet up, and stay loose. They start one Word document, work on it for a while, drop it, then start working on a PowerPoint. In the "picking up and setting down" process they waste time because each task needs a jumpstart, which uses more energy. Overly detail-oriented people use this one. And, ironically, some of the employees in your company who are wasting time mindlessly browsing all day are the ones who think they have to wait for the project pieces to fall in place. For any employee in a small business, a lack of independence is a true productivity killer. While someone is waiting to be told what to do, a project will spin out of control. We all know the "get it done" crowd just figures out the problem and starts working on a task. That is a sign of someone who will be waiting a long time because no one ever has all of the answers. We are living in a world of narcissists who take selfies every 30 minutes and post about their inner feelings on Twitter. Productive people see the greater reward of a successful company and want to play a part in building something cool. I might not get the credit. Related to that problem is another productivity destroyer: The process of hyping up your work, demanding crediting, and pestering people to notice your actions all contribute to an unproductive day. The employees who are slowing things down the most are spending too much time trying to get the attention of the boss. Productive people know how to slam out good work in a constant flow of creativity and skill. They care about quality, but they also understand that being productive requires a push to finish. Praise quality, expect proficiency, but encourage productivity. The hallmark of every unproductive person at work is being worried about failure. It means you are trying new things and staying busy. Holding back because you want every task to succeed? It just means completing fewer tasks. Jul 10, More from Inc.

Chapter 2 : Excuse Quotes, Sayings about Excuses

Excuses for Missing Work (20+ Believable Reasons) Have ever missed work and wondered the kind of excuse you will give to satisfy your boss? This is one of the trickiest situations because the best excuse is not always the truth.

A fake note from a doctor or a hospital will give you the excuse you need. Therefore, no one will poke in your personal business. If you buy a top quality fake note from a doctor, and like the kind you can learn about at [www](#). These fake excuses look so authentic that even professionals have a very hard time telling them apart from the real thing. However, you can unwittingly draw suspicions to yourself by choosing a wrong type of excuse. This condition is very common, especially for office workers. There is a large chance that your boss has experienced it previously, so they will sympathetic toward you. This is a great excuse when you need to miss due to some personal emergency as accidents happen every day. However, you need to be very careful when choosing the type of injury. It must be severe enough to serve as a good reason to miss work in the eyes of your boss. A fake excuse note from a dentist is one of the best excuses to miss work. Everyone feels sympathetic because everyone knows how painful dental problems can be. Therefore, no one will look at your note too closely, especially if you look miserable enough to back up your claim. This is another common condition that looks completely inconspicuous as a fake medical excuse to miss work. You will need to warn your boss that you will have a surgery at a specified day and will need several days to recuperate after the procedure. Please understand that despite the rather uncomplimentary wording, this reason is given when a patient suffers from stress, depression, or anxiety. Quite a few employers will believe this kind of reason and not question it. Therefore, you can have some problems even if your excuse is believed. You can get a template of an excuse note that will simply state that you have missed work because of an appointment with a physician. This fake excuse note will work, but it will be scrutinized and might make your boss doubt you.

Choose Believable Reasons to Miss Work The most important rule you need to remember if you want to get away with using a fake doctor note to miss work is to choose an excuse that will be believed. Approach every case when you plan to use a phony note individually and consider all the pros and cons of every option to pick the one that will work best.

How to Call In Sick to Work There are people in this world who have never missed work due to sickness. However, they are so rare that being one might actually get you on the news. If you are one of the regular people, like me, you will need an occasional day off. Getting one is easy today as you will only need to take a few simple steps to call in sick and miss work with a legit excuse. Download a printable fake doctors note template. Customize it to meet your exact needs. Call your office pretending to be sick. Email the customized note to your boss. Enjoy your free time off. However, I urge you not to overindulge in using them as you being sick every couple of weeks will cause suspicions and might even get you fired. Use only the highest quality fake medical excuses to reduce the risk of being caught. A really good phony note sometimes looks more believable than an actual note from a doctor, so be sure to invest in the best excuses.

Chapter 3 : 13 Ridiculous Excuses For Missing Work Show Everybody Can Be Creative | HuffPost

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Henry Wadsworth Longfellow Excuses are tools of the incompetent used to build monuments to nothing. For those who specialize in them shall never be good at anything else. Alexander Pope Bad excuses are worse than none. Elbert Hubbard Every vice has its excuse ready. Publilius Syrus He that is good for making excuses is seldom good for anything else. Benjamin Franklin He who excuses himself, accuses himself. Gabriel Meurier Hold yourself responsible for a higher standard than anybody else expects of you, never excuse yourself. Yiddish Proverb Nothing is impossible; there are ways that lead to everything, and if we had sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible. Francois De La Rochefoucauld The best job goes to the person who can get it done without passing the buck or coming back with excuses. Thomas Szasz We are all manufacturers. Making good, making trouble, or making excuses. Adolt We have forty million reasons for failure, but not a single excuse. Marcus Stroup Excuses are the nails used to build a house of failure. Don Wilder Difficulty is the excuse history never accepts. Murrow It is better to offer no excuse than a bad one. George Washington We are all manufacturers. Adolt He who excuses himself accuses himself. Gabriel Meurier The real man is one who always finds excuses for others, but never excuses himself. Henry Ward Beecher People with integrity do what they say they are going to do. Laura Schlessinger For many people, an excuse is better than an achievement because an achievement, no matter how great, leaves you having to prove yourself again in the future; but an excuse can last for life. Eric Hoffer Several excuses are always less convincing than one. Aldous Huxley The trick is not how much pain you feel but how much joy you feel. Any idiot can feel pain. Life is full of excuses to feel pain, excuses not to live; excuses, excuses, excuses. Erica Jong It is easier to find an excuse than to find a reason. Doug Brown I attribute my success to this: I never gave or took an excuse. Art Turock Ninety-nine percent of the failures come from people who have the habit of making excuses. George Washington Carver You can give in to the failure messages and be a bitter deadbeat of excuses. Or you can choose to be happy and positive and excited about life. Williams Difficulty is the excuse history never accepts. Murrow He who excuses himself accuses himself. Gabriel Meurier An excuse is worse and more terrible than a lie; for an excuse is a lie guarded. Alexander Pope Excuses are the nails used to build a house of failure. Don Wilder Ninety-nine percent of the failures come from people who have the habit of making excuses. Marcus Stroup People are always blaming their circumstances for what they are. Kimberly Johnson Uncalled for excuses are practical confessions. Look for excuses to win. Indifference will find an excuse. People will hurt you. For if he dies without a question in his heart, what excuse is there for his continuance? We will not be driven by fear into an age of unreason, if we dig deep in our history and our doctrine; and remember that we are not descended from fearful men. Not from men who feared to write, to speak, to associate, and to defend causes that were for the moment unpopular. This is no time for men. We can deny our heritage and our history, but we cannot escape responsibility for the result. There is no way for a citizen of a republic to abdicate his responsibilities.

Chapter 4 : Excuses Sayings and Excuses Quotes | Wise Old Sayings

You do it daily. Without meaning to, with all the best intentions, you reply to a loaded mistake with an excuse. Regardless of how truthful it is, whatever the true problem you're trying to shadow, you use excuses on a daily basis.

A pessimistic outlook on life. Poor judgment when it comes to making critical decisions. A paranoia that prevents you from taking decisive action. Mental blocks stifling proactive action and creativity. In fact, they paralyze us and prevent forward movement in all areas of our lives. This can, of course, be difficult. What excuses do I tend to make? What am I settling for? Why am I making these excuses? Finally, list down the consequences that result from making excuses. How do these excuses prevent me from moving forward? How do they cripple my ability to get what I want? Even though excuses vary from person-to-person, there are specific excuses that we all tend to make. Of course, being vigilant and aware of our excuses can provide us with critical insights into our feelings, flaws, weaknesses, and fears. This can subsequently assist us to work through issues and problems far more quickly and easily. In fact, the causes for this excuse could very well be narrowed down to procrastination and laziness. When you catch yourself making this excuse, ask yourself: How badly do I really want this? A lack of desire could be a cause for concern. This excuse also suggests that you could simply be lacking strategy or ideas that could help you reach your financial objectives. Alternatively, get a mentor or a financial coach who can help you gain the necessary knowledge and understanding you need to succeed financially. Moreover, it would seem that you also lack a willingness to work hard and go the extra mile to achieve your objectives. There are numerous multi-millionaires and billionaires who have nothing more than a high school education. However, they were creative, had a desire, and were willing to work harder than anyone else to achieve their goals. Men and women of all ages have achieved incredible things in almost every age bracket. Yes, it might be a little more difficult at times. You may need to persist for longer and challenge yourself to think outside the box. Alternatively, your age could actually work in your favor. It just depends on your perspective and your ability to adapt to your circumstances. Above all else, make a concerted effort to learn from your failures and mistakes, then adapt your approach. This excuse is really very easy to combat. Simply LEARN how to do what you want to do by reading books, by gaining practical experience, by asking for help, etc. From there, just adjust your approach, and you will very quickly figure out an optimal path to your goal. When it comes to our motives and desires, we are always pulled forward by the desire for pleasure or pushed forward by the desire to avoid pain. What am I likely to miss out on? How am I going to feel? How is this going to affect my relationship with others? How will this affect my health? How will this affect my career prospects? What other negative consequences could result from not making this change? If I make this change, what could the potential benefits be? How will I feel? How will others feel? How will my life improve today, next week, next month, and in the years to come? What other positive benefits could result from making this change? However, once we gain knowledge and understanding about the thing we fear, then in that moment we build the confidence we need to move forward and gain some valuable experience. Subsequently, with enough experience under our belt, we develop not only self-confidence but also competence that can help propel us through our fears far more quickly and readily. Also, consider that the road to success is always paved with obstacles, challenges, and problems. Along this path everyone makes mistakes. However, those who fail are those who simply give up prematurely. Commit yourself to gaining the necessary knowledge, understanding, and experience, and you will slowly but surely develop the self-confidence you need to achieve your goals. However, more often than not this is just a lame excuse that highlights your lack perspective and understanding. Additionally, you might just not have the necessary resources to deal with the circumstances at hand. Given this, your first primary objective must be to acquire the necessary resources you need to help you achieve your goals. Once your resources are in place, you may still need to gather more information about your predicament, which will subsequently transform your perspective. The moment these items are checked off your list, you will quickly discover that the right time is always, right NOW! However, if planning is all you do, then this indicates that there might be underlying fears that are preventing you from moving forward. Identify and overcome these fears and

subsequently, you will overcome your need for over-planning. Each one of these qualities is crucial if you desire to eventually make things work. In fact, these qualities are absolutely essential for everything of value that you would like to create in your life. Have a think about what kind of habits you indulge in each day. Also, consider the typical routines and daily rituals you partake in throughout the day. However, the deeper we dig, the more patterns we discover, and the more patterns we find, the more likely we are to identify where our lack of inspiration stems from. In the previous section, we discussed specific types of excuses and presented some ideas on how to eradicate them from our lives. Keep this in mind as you work through the suggestions below. Instead of taking responsibility for our decisions and actions, we immediately look to point the finger at someone or something else to justify our failures. As a result, we rationalize and make excuses for our failed attempts. Given this, make an effort to bring your attention to the present moment rather than on your past. Yes, by all means, learn from your mistakes and failures, but do not use them as a platform for your encyclopedia of excuses. Always Begin By Asking Questions The moment you catch yourself making excuses, immediately ask yourself the following set of questions: What excuses are getting in the way? These questions will essentially help you to identify the GAP between your current and desired reality. This likewise will help you to get a better understanding of the circumstances that are holding you back from getting what you want most out of life. What do I need specifically that will help me move beyond this excuse? With this in mind, to eradicate excuses from your life, you must instead begin focusing on solutions, opportunities , and on the things that did actually work. Seek Alternate Perspectives Often the excuses we make are a result of a lack of perspective. You will never see the entire room – only a small section of that room. Say for instance you looked through a keyhole and saw papers scattered on a table. It would be easy to assume that the entire room is an absolute mess. The rest of the room could be clean and spotless. However, our lack of perspective is preventing us from seeing the bigger picture. Seek alternate perspectives by asking other people for their opinions, comments, and feedback. Get an understanding of how they see the situation before you commit to making your excuses. When we take full responsibility for all our failures and mistakes, we quickly grow in confidence. Moreover, we feel empowered because life is no longer built upon luck or good fortune , but rather on our ability to successfully adapt to the changing conditions that life throws our way. Learn from Past Experience Instead of making excuses, commit to learning from this experience. What can I learn from this experience? What has this experience taught me about myself, life and others? How can I use this experience to do better in the future? What action could I take right now that would help me take a step in this direction? Focus on Your Strengths When making excuses, we often focus on how inadequate and incapable we are. This limits our focus and brings to light all of our weaknesses. Cultivate Four Critical Qualities Finally, to overcome your excuses always cultivate patience , optimism , confidence , and persistence. And if you must make excuses, then at least keep them private. He that is good for making excuses is seldom good for anything else. Would you like to keep these concepts at the forefront of your mind? If so, then you might like to download the accompanying mind map reference poster to your iPad, tablet or computer. The map presents you with a quick overview of this article. The Make No Excuses Bundle of maps includes a selection of hand picked maps that are designed to help you stop making excuses and start taking responsibility for your life.

Chapter 5 : The Top Ten Best Excuses to Miss Work

I have a doctor's appointment: This excuse will get you out of work for a half-day or so. Make the appointment first thing in the morning or late in the day, say around 3 p.m. Make the appointment first thing in the morning or late in the day, say around 3 p.m.

Without meaning to, with all the best intentions, you reply to a loaded mistake with an excuse. Instead, you do it to make light of a situation; to make an already trying incident less painful. We all do it. Because excuses roll off the tongue with ease. When we miss appointments. We push excuses into the open in an attempt to make whatever happened better. What good does it do? But blatantly ignoring the lessons to be learned from the mishap is another problem entirely. Your son was sick with the flu. You lost track of time while prepping other projects the day and night prior. With these excuses tucked carefully under your belt, you walk into the meeting confident your boss will understand; knowing she will empathize. Your boss will understand. Her only response might be to learn to better prioritize next time, to which you would acknowledge and promise you will. It actually makes you quite normal. But the best of us know the truth behind the excuse. The successful folks in this world understand that often, an excuse is simply a cover-up for a serious lack of judgement. And yet, time goes on. To be truly successful, you must learn that an excuse will only get you so far. Those who excel are capable; strong. Every day, Bob plans to wake up for a 5: For a few days, it works. And then, he goes to bed too late one evening. Determined, he sets his alarm for 5. Excusing himself from his set schedule, he floats back into dreamland. He does this for the next few days, always providing himself a laundry list of excuses: I have to get to work early today " another hour of sleep is more important than a workout. No one will care if I skip another day. The list goes on. But you will be. You will never get over that phase of excuses if you continue using them each day. You will never become the you that you truly deserve. For the sake of your well-being, learn to say no to the excuses hanging around in your mind. Your personal growth depends on it. And the more you use them, the more commonplace they will become. Forgot to send a birthday card on time? Instead of owning up to your forgetfulness and sending that greeting a little late " better late than never " you attribute it to your busy schedule. Have those dirty dishes been piling up for the past few days? We all have stressful days, but eventually we hit a point where the excuses become too routine. Not all chores or events are fun and exciting. Once you understand that, you just may rid yourself of that flotation device you never really needed in the first place. This world is full of opportunity; endless possibilities. And you will make mistakes " its natural. Stop using excuses to help yourself function. Begin reaping the benefits tomorrow. What excuses are you working on getting over?

Chapter 6 : 10 Best and Worst Excuses for Missing Work - calendrierdelascience.com

Excuse # I don't like to work out around the opposite sex. If the opposite sex makes you self-conscious to break a sweat, find ways to overcome your fear. Solution: See if your gym offers gender-specific classes or workout areas.

The 10 Best Homework Excuses written by: These are the ones that work on me, a high school teacher. Before using them, however, you should consider the following: Know how gullible your teacher is. Some teachers will believe anything, especially new teachers. More experienced teachers are much more difficult to fool and more likely to be bitter and jaded. Experienced teachers have also heard most of the lame excuses you have planned. Know how strict your teacher is. They want to believe you stayed up all night nursing your sick hamster. Use this to your advantage. Find out if your teacher likes you. Are you a favorite? If you are, use any excuse you like. Why else would they subject themselves to the torment that comes with instructing teenagers? They love talking about themselves. Listen when they do. I got my backpack stolen: No teacher in his right mind would expect you to turn in that big assignment if it got stolen the very day it was due. This excuse works on so many levels: The only way this could go wrong is if your teacher reports this to your guidance counselor and your counselor contacts your parents. Teachers are suckers for dysfunctional family stories. This is an all time classic. This is a twist on the easy to see through "I left it at home" excuse. A teacher can reasonably expect someone from home to bring your homework, but not even the meanest teacher would expect your mom to leave work. I was really sick yesterday and unable to do anything. Teachers will admire your perseverance and give you the extra day. This only works for females on male teachers. My dog died and I was too upset to do my homework: This is rarely used, but effective, especially if your teacher has a dog. Only a heartless task master would not cut you a break over losing your best friend. I had to take care of my baby sister who was up last night throwing up: This is a revolutionary excuse.

Chapter 7 : Excuses--What They Are and What To Do About Them

On some weeks, you have a long to-do list, and on top of that, an even longer list of meetings you're "required" to attend. Those meetings aren't going anywhere, but neither are the tasks.

Perhaps you are just feeling a little under the weather and you need a break. Everyone needs time off from work at times and the excuses for doing so can range from the believable to the unbelievable. Whatever your real reason for staying home, here are the best and the worst excuses you can give for missing work. However, there are legitimate reasons for staying home. What makes an excuse a good one? But what are these elusive good excuses? There are three layers to a good excuse: The foundation of a good excuse is about being believable. Aliens landing on your back garden is not believable while catching flu is something all humans go through at some point. The second layer of a good excuse is being considerate. While you are staying home and causing disruption in the workplace, a good excuse will always show a bit of selflessness. Finally, your excuse must have a layer honesty. You still want to have a hint of honesty in the excuse to make it sound more believable and considerate. The top 6 best excuses So, if you need to stay home to look for a new job or recharge your batteries, here are the best excuses managers love to hear. You deserve it Have you worked hard in the past few months and achieved all your goals? You are sick including mental health issues Calling in and saying your sick is an age-old excuse but it works. Feeling anxious can be an excuse for staying home for a day. You have a family emergency Another familiar and common excuse is the family emergency excuse. If you have children, then you could tell the boss one of them is sick or needs special attention. You have a household emergency You might just have woken up feeling a little cold but tell your boss you have a broken heating system to get a day off. A household emergency such as things being broken or leaking can work as an excuse to stay home. However, if the weather is rather severe or the public transport is not working properly, you can definitely use it as an excuse for staying home. This is also a great excuse for those who manage clients. You can just say you are taking the client out. You can simply have lunch with them and spend the rest of the day doing other things. When is an excuse bad? Just as there are three layers to a good excuse, there are three elements to a bad excuse. You know your excuse is bad if it: Has the main layer of being unbelievable. If your excuse is just about you and your wellbeing it might end up making the boss sound mad. While you might deserve to lie in the bed all day long, it will still cause disruption at work. You might get to stay home but your boss might be disappointed in you and it could hinder your career in the long-term. It has a layer of outrageous lies. If your excuse sounds like an obvious lie, then it obviously is the worst excuse ever. The top 6 worst excuses Here are the six worst excuses you can give to your boss when you miss work. Why does it suck as an excuse? Because you could just take out your smartphone and get an Uber instead of skipping work. If you live in the city, then public transport is another option. You could just get up and go to work for the rest of the day. You probably have a wardrobe at home and your boss is likely to tell you to use it if this is your problem! So, if you are going to have to miss work make sure your excuses stick. Either you go to work or you use one of the best excuses and give your boss no reason to doubt your story.

Chapter 8 : Are You Living a Life of Endless Excuses? Here's How to Stop!

"Your complaints, your drama, your victim mentality, your whining, your blaming, and all of your excuses have NEVER gotten you even a single step closer to your goals or dreams. Let go of your nonsense.

Excuses serve a simple purpose: Ultimately though, these excuses start to add up and disempower and diminish our lives. Here are seven of the most common and disempowering excuses for not exercising that people give. So you will be able to accomplish more during your day and not feel as exhausted if you make time to exercise. There is a big difference between the two. Exercising Makes Me Hungry Of course it does, you burn lots of calories! Some of us get hungrier than others after a good sweat session, but there are ways to avoid this. If you are a beginner, this is more of a problem, but over time, the hunger goes away and your body adapts to the loss of calories. Are you snacking on candy between meals? Are you going out for margaritas twice per week? A margarita can have about calories or more, which is about 30 minutes jogging on a treadmill! Be patient and wait for 3 months to judge your results. If you are still not seeing results after 3 months, you should consider trying something different such as getting a personal trainer, seeing a nutritionist or changing your exercise routine. Gyms Are Too Expensive There are plenty of exercises you can do outside of a gym that are free, so this excuse is bogus. Walking outside and cycling is free and has a change of scenery. Depending on where you live, there may be hiking groups, free yoga classes on weekend mornings, and you can even search for at-home exercise routines you can do in the comfort of your own home. If you have the space for it, invest in a treadmill or stationary bike to use at home you can always check garage sales to get an even better deal! You need to determine what is keeping you from exercising. Is it lack of knowledge at the gym that kills your motivation? Is it not seeing results? Try to be specific with your goals and write them down somewhere you see them every day. Conclusion Not every trick will motivate everyone. It also helps to tell your friends, family, and coworkers about your goals because it helps keep you accountable. Seeing results and feeling better is about being consistent with exercise and eating right. For a little extra incentive to avoid those excuses for not exercising, remember the famous quote:

Chapter 9 : Why Excuses Never Work â€¢ Eloquently Penned

Companies may require that employees provide a written letter of excuse or send an email message when they miss time from work for doctor's appointments or for other reasons.