

HANDOUT

**Excuses
Sheet 1**

INSTRUCTIONS: Answer the following questions in the space provided.

A. List five tasks you avoid doing by making excuses.

- 1.
- 2.
- 3.
- 4.
- 5.

B. List your five "favorite" excuses.

- 1.
- 2.
- 3.
- 4.
- 5.

C. List the ways you could avoid having to make excuses in the situations you listed in A.

- 1.
- 2.
- 3.
- 4.
- 5.

HANDOUT

**Excuses
Sheet 2**

INSTRUCTIONS: The sentences below deal with handling responsibility and making excuses. Write the words that best complete the sentences.

- _____ 1. Making excuses can become_____.
- _____ 2. Many times people begin to_____ their own excuses.
- _____ 3. People who always make excuses are usually_____ with themselves.
- _____ 4. Making excuses may be your way of avoiding _____.
- _____ 5. Constantly making excuses can cause an employer to avoid giving you _____.
- _____ 6. Bosses get fed up with excuses when they expect to see work _____.
- _____ 7. Not making excuses can lead to a _____.