

No Excuses! by Brian Tracy (B1 Level)

ULTIMATE READING

Teacher Ignacio Chávez

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No Excuses! by Brian Tracy **had taught** readers how to reach their goals and become more successful through self-discipline. The author **had explained** that discipline, not talent or luck, **had been** the main key to success in every part of life — work, health, money, and relationships.

Brian Tracy **had noticed** that many people failed not because they were not smart, but because they **had made** too many excuses. They **had said** things like “I was too tired,” “It was too hard,” or “I didn’t have time.” Before people learned self-discipline, they **had often blamed** others or their situation instead of taking control of their own lives.

1. Self-Discipline Had Been the Foundation of Success

Discipline **had helped** people do what was right, not what was easy. It **had meant** making good choices, working hard, and staying focused, even when they didn’t feel like it. Those who **had practiced** self-discipline **had already achieved** more than those who gave up easily.

“Self-discipline had been the ability to do what you should do, when you should do it, whether you felt like it or not.”

2. No More Excuses

Everyone **had found** reasons not to act at some point. But excuses **had held** people back. Tracy **had said** that success started when people **had stopped** making excuses and **had started** doing what needed to be done immediately.

“The price of success had to be paid in full, in advance.”

3. Do First Things First

Successful people **had learned** to do the hardest and most important tasks first. When they **had faced** their biggest challenge early, the rest of the day **had felt** easier. Tracy **had called** this idea “Eat That Frog.” Those who **had followed** this habit **had gained** confidence and energy.

“Successful people had done what unsuccessful people were not willing to do.”

4. Set Goals and Stay Focused

Before people became successful, they **had written** down their goals and **had created** clear plans. They **had reviewed** their goals daily and **had worked** toward them step by step. This habit **had given** them direction and purpose.

“Clarity had been the starting point of success.”

5. Never Stop Learning or Improving

People who **had read** more books, **had taken** more courses, and **had asked** more questions **had become** wiser and more confident. Growth **had not happened** overnight—it **had taken** time and consistency.

“Your life had only gotten better when you had gotten better.”

Main Ideas

1. Self-discipline **had helped** people reach success.
2. Excuses **had kept** them from acting.
3. Successful people **had done** the hardest tasks first.
4. They **had written** goals and **had stayed** focused.
5. Learning and self-improvement **had changed** their lives.

Final Message

In *No Excuses!*, Brian Tracy **had shown** that self-discipline **had been** the true secret of success. People who **had stopped** making excuses and **had taken** daily action **had**

transformed their lives. They **had proven** that success was not about luck — it **had been** about discipline and consistency.

“With self-discipline, all things had been possible. Without it, nothing had been.”

<http://www.teacherignaciochavez.com>