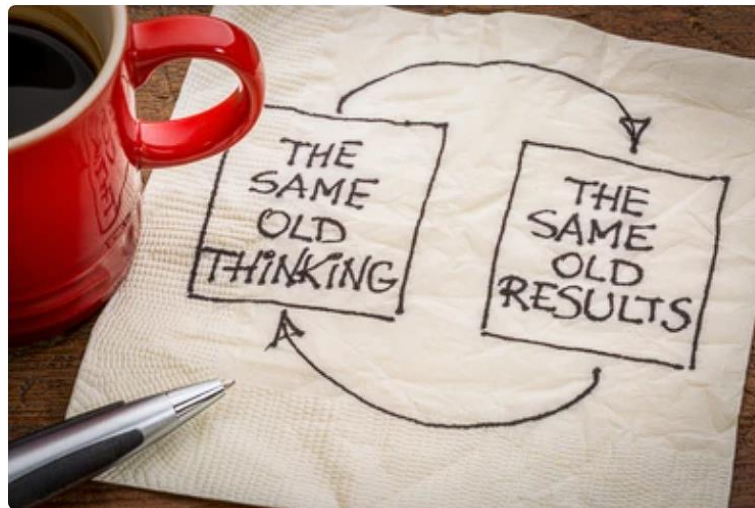


Take 100% Responsibility for your Life and your Results

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Take 100% Responsibility for your Life

Taking 100% responsibility for your life is fundamental to being successful in any area of your life. It is the core principle on which everything else is based. It is designed to get people out of blaming and complaining and into consciously creating the life they desire. This can only happen if they are willing to take 100% responsibility for their results. It is essential to master this piece because everything that follows is designed based on this principle.

We are responsible for what we experience in life. It introduces the idea that other people don't "make us" feel things and demonstrates that we have control over how we feel and how we react to others.

In order to achieve complete and full self-esteem we have to take full responsibility for our lives, for both our internal and external experiences. Often, we fall into the trap of blaming other people for how we feel and for what happens to us. Looking for the solutions to our problems outside of ourselves distracts us. It is much more effective, however, to look inside ourselves to see how we are creating what we are experiencing through our thoughts, images and behaviors. Taking the position that we are responsible for our responses to the world gives us more power.

E + R = O

E stands for all the "events" of our lives

R stands for our "response" to those events

O stands for the "outcomes" we experience

You are creating your experiences, your success, the quality of your relationships, and your health by your thoughts and beliefs (beliefs are no more than thoughts you have conditioned yourself to think over and over), the visual images you focus on (internally and externally), the resulting emotions they create, and your actions...and you have total control over all three of these.

Personal responsibility is the key attitude for personal empowerment. It is to your full advantage to assume full responsibility for the circumstances of your life as well as your reactions to these circumstances. Therefore, without self-judgment or self-blame, you can focus your attention on understanding yourself and your range of choices that may be possible in any given circumstance. With this awareness you can make educated, intentional choices.

This exercise demonstrates the concept that we are responsible for what we experience

in life. It introduces the idea that other people don't "make us" feel things and demonstrates that we have control over how we feel and how we react to others.

To achieve complete and full self-esteem we have to take full responsibility for our lives, for both our internal and external experiences. Often, we fall into the trap of blaming other people for how we feel and for what happens to us. Looking for the solutions to our problems outside of ourselves distracts us. It is much more effective, however, to look inside ourselves to see how we are creating what we are experiencing through our thoughts, images and behaviors. Taking the position that we are responsible for our responses to the world gives us more power.

Rather than placing blame on your clients, manager, or co-workers on how they are behaving, take a step back and ask yourself how you could have created that situation? Let's also be honest. Taking no action is action. Please write that down. When you are sitting back quietly, in people pleasing mode for example and taking no action, you are still taking action. In other words, if you are not taking a stand for how your business relationships should evolve, then why would you expect different more positive results from them? Your job is to set the stage, managing expectations so that your schedule and week runs like an easy breezy well-oiled machine, which often means push back and being authentic about where you are and where you need them to be.

There are also what I like to call these "yellow alerts" we walk around with, pretending we don't notice. When I look back at the poor decisions I've made, there were *always* yellow alert warning signs which I chose to ignore.

What are the yellow alerts right now "in your shoes"? What are you pretending not to know? Usually we ignore these warning signs because they require us to speak up and be uncomfortable which is very normal but a mode that you will not see much results from.

When your choices don't result in you getting things the way you thought you wanted them, you can look to understand what happened and what action you can take next, rather than looking for someone or some circumstance to blame.

$E + R = O$ is a simple formula that can help you understand and embrace 100% responsibility:

Every outcome you experience in life is a result of how you've responded to an earlier event or events in your life. If you don't like the outcomes you're currently getting, there are two basic choices you can make:

1. You can blame the event (E) for your lack of results (O). In other words, you can blame the economy, the weather, gender bias, your spouse, your boss, your co-workers and so on.

There are many factors that can contribute to the outcome but if they were the deciding factor, nobody would ever succeed. For every reason why something is not possible; there are hundreds of other people who have faced the same circumstances and succeeded.

2. You can instead simply change your responses (R) to the events (E) – the way things are – until you get the outcomes (O) you want. You can change your thinking, change your communication, change the pictures you hold in your head and you can change your behavior. You can break out of your conditioned responses to circumstances, increase your awareness and change your actions. All this leads to a new outcome.

There are only 3 responses (R's) you have any control over:

- Your behavior (including what you say and how you say it)
- Your thoughts (self-talk) and beliefs (both conscious and unconscious)
- Your visual imagery (including your images of the future)

One of the greatest differences between successful people and those who prefer to stay stagnant is how they respond to events and opportunities in their lives.

Here is an example of the same event with different responses producing different outcomes.

Event	Response	Outcome
Your spouse or best friend forgets your birthday.	You tell yourself: "I can't believe he/she forgot my birthday. I'm not loved and appreciated."	Your self-esteem declines. You feel sad and resentful.
Your spouse or best friend forgets your birthday.	You tell yourself: "He/She never forgets my birthday. I wonder if something happened. I hope they're ok."	You are concerned. You try calling them. You still have high self-esteem.

Please complete the following statements about how you can take more responsibility for the outcomes in your life. This exercise is brief but will deliver exponential results if you commit to taking just 5% more responsibility in your life. Just 5%! The last page has concrete real-life examples which will support you in this.

These sentence completions are based on the work of Nathaniel Branden, Ph.D.

If I were to take 5% more responsibility for my life and well-being. . .

I would _____

I would _____

I would _____

If I were to take 5% more responsibility for living my passion. . .

I would _____

I would

I would

If I were to take 5% more responsibility for the attainment of my goals. . .

I would _____

I would _____

I would _____

If I take 5% more responsibility for the success of my relationships. . .

I would _____

I would _____

I would _____

If I take 5% more responsibility for the level of my self-esteem. . .

I would _____

I would _____

I would _____

If I were to take 5% more responsibility for my life and well-being....

Examples:

- I would exercise 30 minutes a day.
- I would only eat fast food one time per week.
- I would meditate more often.
- I would get more sleep.

If I were to take 5% more responsibility for living my passion....

Examples:

- I would ask for what I want.
- I would spend more time writing.
- I would laugh more.
- I would schedule more free time.

If I were to take 5% more responsibility for the attainment of my goals....

Examples:

- I would do five things a day to get me closer to my goal.
- I would spend an extra hour a day in action rather than watching TV.
- I would share my goals with family and friends and ask for accountability.
- I would do the one thing that I have been procrastinating on.

If I were to take 5% more responsibility for the success of my relationships....

Examples:

- I would plan quality time with my kids and put it in my calendar.
- I would have a date night every week with my spouse.
- I would talk less and listen more.
- I would keep my agreements and only say yes when I mean it.

If I were to take 5% more responsibility for the level of my self-esteem...

Examples:

- I would ask for what I want.
- I would take more trainings and seminars to stay positive.
- I would create a list of my successes and review them often.
- I would surround myself with positive people.

Your Thoughts (Self-Talk)

There are only 3 responses you have any control over:

- Your behavior
- Your thoughts (self-talk) and beliefs (conscious and unconscious)
- Your visual images of the future.

Let's focus on thoughts. Taking responsibility for your life is choosing words and thoughts that strengthen you. If you want a different outcome, you have to change your responses. You have to give up blaming others, complaining about circumstances and events, making excuses, justifying your lack of results, and defending your position. Hold yourself accountable.

In a study done in Iowa, they found that the average 2-year-old receives 432 negative put downs and nudge statements per day versus 32 positive, affirming statements. That is a ratio of roughly 14 to 1. When we consider the negative programming, we may have received when young, we understand how negative thoughts can affect us as adults.

Fortunately, we can reverse this conditioning. To do so, we have to harness the power of our thoughts. Your thoughts (self-talk) control your physical reality more than you realize. What I Can'ts do you need to eliminate in your life?

There are thoughts and words that...

Weaken you:

- Lying
- I Can't
- Focusing on your failures
- Criticism and judgement
- Focusing on self

Strengthen you:

- The Truth
- I can
- Focusing on your successes
- Support and Appreciation
- Focusing on Service to Others

Have To / Choose To

Consider any area of your life that you no longer want to have, do or experience and step back recognizing how you are contributing to that (*even if you aren't*). Act as if you are and you will creatively find a solution to that problem.

I am going to suggest that no one can make you do anything. There is always a choice to agree or not. The truth is no one can make you do anything, however, there are consequences for the choices you make. But the truth is you always have a choice. Many of us pretend we are a victim, but we are not, we always have a choice. Victim mentality, blaming and complaining weakens our ability to make clear, conscious choices.

Let's take a simple example below around paying taxes. You don't have to pay your taxes even though many people choose to pay their taxes. Then there are people out there who don't take care of their children, don't pay taxes, don't go to school. Some people feel there are people and institutions that can make you do things, so they choose to break away from those things. It's a choice they make.

Take something you think you "have to do" and follow the worksheet. Let's take a simple example below around paying taxes. You don't have to pay taxes, however many people choose to pay their taxes and here's why:

I have to pay my taxes.

If I don't pay my taxes then, the IRS will come after me.

If the IRS comes after me, they will freeze my accounts.

If they freeze my accounts, then I'll be a criminal.

If I'm a criminal, then I'll go to jail.

I'd rather pay my taxes, than go to jail.

I choose to pay my taxes.

Complete the following exercise by “walking through” something that you are struggling with and no longer want to have and/or experience anymore in your life. Is it something you have to or choose to deal with? What are some choices you can make to eliminate it completely?

I have to _____

If I don't _____, then _____

If _____, then _____

If _____, then _____

If _____, then _____

I'd rather _____, than _____

I choose to _____.

***Remember no one can make you do anything!
Everything is a choice.***

Difficult or Troubling Situation

To get you started and to begin seeing a new set of outcomes, please answer the following questions addressing a difficult or troubling situation in your life.

1. What is a difficult or troubling situation in your life?
2. How are you creating it or allowing it to happen?
3. What are you pretending not to know?
4. What is the payoff for keeping it like it is?
5. What is the cost for not changing it?
6. What would you rather be experiencing?
7. What actions will you take and what requests will you make to get it?
8. By when will you take that action?
9. On a scale of 1-10 (10 being highest probability), will you follow through on this action?