

Do you ever find yourself in a rut making excuses, blaming others, or complaining? Here's a great tool for empowering yourself and taking 100% responsibility for your life ...



In life, often you are not in control of the **events** you meet in any particular situation (for example, the weather, the traffic, your family, the political system, etc.). However, how you **respond** (or **react**, if triggered) to the events presented to you directly relates to the **outcome** you achieve.

TRY THIS ...

If you don't like the outcome you're getting, you could be curious about and make changes to your responses until you get the outcome that you want. That might look like changing the stories in your head about particular events; changing your thinking, your way of communicating, or your behavior. It's simple, but not always easy, and it calls you to be honest with yourself in your response inventories, and brave in the shifts that you make in your responses.

As Jack Canfield says, "Everything you think, say, and do needs to become intentional and aligned with your purpose, your values, and your goals."

GUIDING PRINCIPLES

- Take 100% responsibility for you life.
- Your response/reaction defines your outcome.
- If you don't like your outcomes, you can change your responses.
- Excuses, complaining, and blaming do not help.

ADDITIONAL RESOURCES

For more on this topic, read **Principle 1: Take 100% Responsibility for Your Life** in *The Success Principles* by Jack Canfield.

There's *The Success Principles for Teens*, too!