

Accepting Personal Responsibility

I am a Shawnee. My forefathers were warriors. Their son is a warrior. Their son is a warrior... From my tribe I take nothing. I am the maker of my fortune. - Tecumseh

Accepting Personal Responsibility - I accept responsibility for creating my life as I want it

When psychologist Richard Logan studied people who ordeals such as being imprisoned in concentration camps or lost in the frozen Arctic, he found that all these victors shared a common belief. They saw themselves as personally responsible for the outcomes and experiences of their lives.

The essence of personal responsibility is responding wisely to life's opportunities and challenges, rather than waiting passively for luck or other people to make the choices for us.

- When people keep doing what they've been doing even when it doesn't work, they are acting like **Victims**.
- When people change their behaviors to create the best results they can, they are acting like **Creators**.

When you accept responsibility, you believe that you create *everything* in your life! Of course, at times, we are all affected by forces beyond our control. If a hurricane destroys my house, I am a victim (with a small "v"). But if I allow that event to ruin my life, I am a Victim (with a capitol "V").

If you accept responsibility for creating your own results, you will look for ways for create your desired outcomes and experiences despite obstacles. We choose to be a Victim or Creator!

- When we respond as a **Victim**, we complain, blame, make excuses, and repeat ineffective behaviors.
- When we respond as a **Creator**, we ask ourselves: "What are my options, and which option will best help me create my desired outcomes and experiences?"

The difference between responding to life as Victim or Creator is how we choose to use our energy.

Here's an important choice you can make immediately. Accept, as Creators do, this belief: ***I am responsible for creating my life as I want it!*** Ultimately each of us creates the quality of our life with the wisdom or folly of our choices.

In this activity, you will experiment with the Creator role. By choosing to take responsibility for your life, you will immediately gain an increased power to achieve your greatest potential

Journal Entry 1: Write and complete each of the ten sentence stems below. For example, someone might complete the first sentence stem as follows: *If I take full responsibility for all my actions, I will accomplish great things.*

1. If I take full responsibility for all my actions

2. If I take full responsibility for all my thoughts

3. If I take full responsibility for all my feelings

4. If I take full responsibility for my education

5. If I take full responsibility for my career

6. If I take full responsibility for my relationships

7. If I take full responsibility for my health

8. If I take full responsibility for all that happens to me

9. When I am acting fully responsible for my life

10. If I were to create my very best self

Journal Entry 2: Write about what you have learned in this activity about personal responsibility and how you will use this knowledge to improve your life.

