

## Take 100% Responsibility for Your Life **Part 1**

What will your life look like when you start taking 100% responsibility for everything you think, say, and do?

Here's your chance to find out!

### Responsibility Sentence Stems

Complete the following sentence stems to explore the impact that your current level of personal responsibility has on your life and self-esteem.

**1** If I were to take 5% more responsibility for my life and wellbeing, I would...

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**2** When I avoid responsibility for my life and wellbeing, I . . .

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**3** If I were to take 5% more responsibility for living my passion, I would . . .

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

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**5** When I avoid responsibility for the attainment of my goals, I . . .

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

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**7** Sometimes I keep myself passive when I . . .

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**8** Sometimes I make myself helpless when I . . .

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**9** I am becoming aware of how I . . .

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

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**11** Something I want that I have not been willing to risk creating is . . .

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**12** Instead of complaining about \_\_\_\_\_, I could work to create what I want by . . .

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