

Take 100% Responsibility for Your Life **Part 2**

Find An Accountability Partner And Play A Game:

Here's an exercise you can do in your home, office, or with friends. It's one we do at my house, at our office and in all of our seminars. Find a large jar or a fishbowl and label it:

No Blaming, No Complaints, No Excuses.

Next, partner up with someone who can hold you accountable and someone who you will also hold accountable.

Every time you, your accountability partner, or someone in your group catches themselves blaming someone else, complaining about something, or making an excuse for their lack of results, the offender has to put \$2.00 in the jar—not as punishment, but as a technique to deepen everyone's awareness that these behaviors have a cost.

Choose your partner wisely, and please, take this seriously. You'll soon notice that you've stopped complaining or blaming others altogether.