

Take 100% Responsibility for Your Life **Part 3**

How Could You have Responded Differently

Take a moment and rewrite your top resentments and difficulties in your life below. Then next to it, jot down the role you played in creating it. Remember, you are responsible! Finally, take it to the next step and in the 3rd section, write down a different possible response you could have made. Then in section 4, write down a possible different outcome that might have resulted as an effect of your responding differently.

1 Big Resentments:

2 Your Role in creating it:

3 Different Response:

4 Different Outcome

Pay Attention . . . Your Results Don't Lie

The easiest, fastest, and best way to find out what is or isn't working is to pay attention to the results you are currently producing. You are either rich or you are not. You either command respect or you don't. You are either happy or you are not. You either have what you want or you don't. It's that simple. Results don't lie!

You have to give up any excuses and justifications and come to terms with the results you are producing. The only thing that will change your results is to change your behavior. But you have to first be willing to look at the results you are producing. The only starting point that works is reality.

So start paying attention to what is so. Look around at your life and the people in it. Are you happy? Are the people around you happy? Is there balance, beauty, comfort, and ease? Are you getting what you want? Is your net worth increasing? Are you healthy, fit, and pain-free? Are you getting better in all areas of your life? If not, then something needs to happen, and only you can make it happen.

Don't kid yourself. Be ruthlessly honest with yourself. Take your own inventory.

You Either Create Or Allow Everything That Happens To You

To be successful, you need to take the position that you create or allow everything that happens to you. By create, I mean that you directly cause something to happen by your actions or inactions. If you walk up to a man in a bar who is bigger than you and has obviously been drinking for a long time, and say to him, “You are really ugly and stupid,” and he jumps off the bar stool, hits you in the jaw, and you end up in the hospital—you created that.

That’s an easy-to-understand example.

Here’s one that may be harder to swallow:

You work late every night. You come home tired and burned out. You eat dinner in a coma and then sit down in front of the television to watch a basketball game. You’re too tired and stressed out to do anything else—like go for a walk or play with the kids. This goes on for years. Your wife asks you to talk to her. You say, “Later! I’m watching the game!” Three years later, you come home to an empty house and a note that says she has left you and taken the kids.

You created that one, too!

So start looking at the things in your life that you want to create. Write them down here:

Now look at the things in your life that you want to stop allowing. Write them down here:
