

100% Responsibility – What a concept!

At PLS, we have a belief that we choose to apply to our lives, and that belief is that to be successful in life, whatever success means to you, you can choose to take 100% responsibility for all the results you experience in your life.

That you are 100% responsible for everything you experience.

Yes that is a big statement.

This includes the level of your achievements, the results you produce, the quality of your relationships, the state of your health and physical fitness, your income, your debts, your feelings—everything!

Most of us have been conditioned to think that if things aren't happening how we would like them to, then usually there is something or someone to blame, something outside of ourselves, for the parts of our life we don't like.

'I would love to study, but I don't have the time.' *'I have always wanted to visit Paris since I was a little girl, but I'll never have the money to go there.'* *'I know I should get fit, but what with the kids, it's just impossible.'* Heard any of these or maybe said something like this?

We have reasons why we can't or shouldn't or won't. We blame our parents, our bosses, our friends, our co-workers, our clients, our spouse, the weather, the economy, the government, time, our astrological chart, our lack of money - anyone or anything we can put the responsibility on to.

What if we decided to take **100% responsibility** for the goals we really want to achieve? What if the only thing standing between us and what we wanted was us?

Bit scary to think about it that way, isn't it?

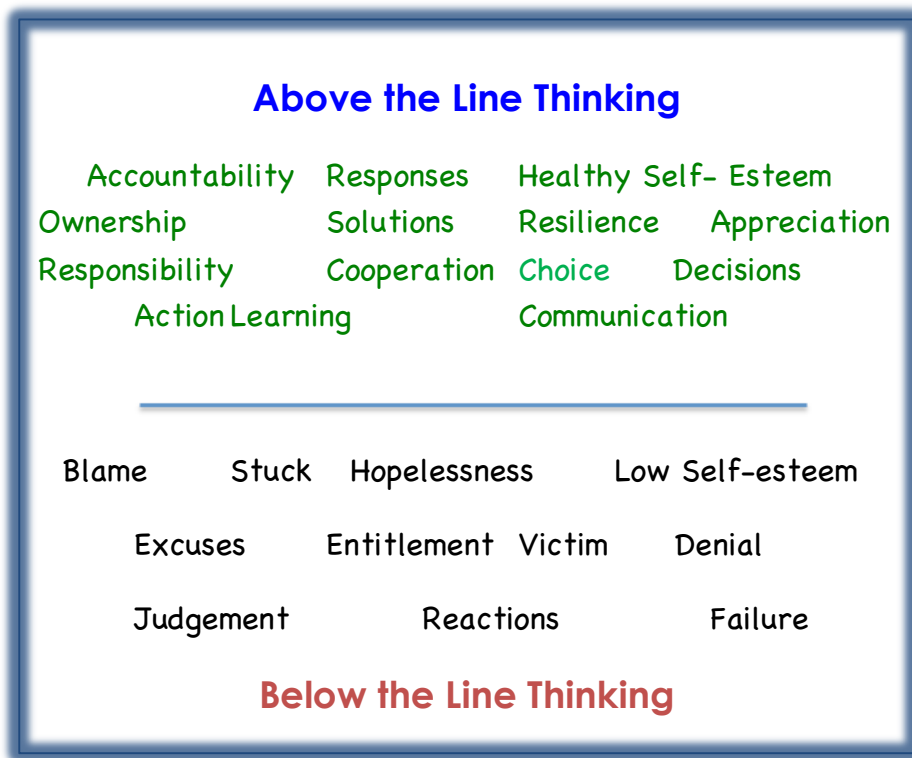
It's easier to think that someone else or something else is preventing you from being or having or doing what you really want.

Above the Line Thinking

This 100% responsibility thinking is what we call being 'a cause' or 'at cause' for what happens in your world, rather than being at the 'effect' of circumstances outside of us, where life happens 'to' us. We also call this 100% responsibility thinking 'above the line' thinking.

It's easier to think that someone else or something else is preventing you from being or having or doing what you really want.

Below the line there is blame justification, judgement and everything that stops us from living the life we have the capacity to live.



If you want to create the life of your dreams, then you are going to have to take 100% responsibility for your life and your results.

That means giving up all your excuses, all your victim stories, all the reasons why you can't and why you haven't up until now, and all your blaming of outside circumstances. You have to give them all up forever.

If you take the position that you have always had the power to achieve what you want in this life, and you have been doing the best you can until now, AND you

begin to take 100% responsibility, then there is immense empowerment in that!

Up until now you weren't aware, and we all experience fear, needing to be right, the need to feel safe. That's where it's been comfortable, up until we take on this belief.

All that matters now is that from this point forward you choose—that's right, it's a choice—you choose to act as if (*that's all that's required—to act as if*) you are 100% responsible for everything that does or doesn't happen.

If something doesn't turn out as planned, you will ask yourself, "How did I create that or contribute to that? What was I thinking? What were my beliefs? What did I say or not say? What did I do or not do to create that result? How did I contribute to how the other person behaved? What do I need to do differently next time to get the result I want?"

Here's an exercise Jack Canfield uses to do that.

Answer each question as honestly as you can. It's even more powerful if you have another person ask you the questions and hold witness for your answers.

1. What is a difficult or troubling situation in your life?

2. How are you creating it or allowing it to happen?

3. What are you pretending not to know?

4. What is the payoff for keeping it like it is?

5. What would you rather be experiencing?

6. What actions will you take to create that?

7. By when will you take that action?

No matter what happens in your life, you have something to do with it. Finding your role in a problem is the key to resolving it.

When you can see your role in a problem, you can do something about it. When you blame, you become powerless. You make yourself a victim and you stay stuck. A good way to see how this works is to look at relationships.

We have been taught that relationships are 50/50, that each person shares half the responsibility in this way.

What if Relationships are not 50/50? What if they are 100/100? What if each person is 100% responsible for the presence or absence of love? Something to think about.

Let's say that you and I have a relationship. How I treat you determines how you respond to me.

If I am loving and supportive, you will respond in a certain way. If I am judgmental, critical, or resentful, you might respond in quite a different way.

This makes me 100% responsible for the presence or absence of love. You are 0% responsible – because – you are responding to me!

I'm the cause and you are the effect.

The other side of the coin is also true.

How you treat me determines how I will respond to you.

If you are loving and supportive, I will respond a certain way. If you are judgmental, critical, or resentful, I will respond another way.

What if relationships are not 50/50. What if they are 100/100? What if each person is 100% responsible for the presence of love?

This makes you 100% responsible. I am 0% responsible because – I am responding to you!

To say this another way - each of us is totally, 100% responsible for the presence or absence of love.

But this is not what we have been taught. We have been taught that there is only one responsibility.

Either you are responsible or I am responsible, or we cut it down the middle, 50/50.

This is what we've been taught. At PLS, we believe that everyone is responsible. When we believe that there is only one responsibility, we get into serious trouble.

Blaming takes away your power

When I blame you, I may be telling the truth, but so what? When I blame you, I give you my power.

When I blame, I am saying that you are 100% responsible.

At the same time, I am saying that I am 0%. Herein lies the problem.

If I am 0 % responsible, what percent power do I have? None.

You are the problem, not me.

When you blame someone, that person may be 100% responsible, but so what? Pointing over there doesn't change a thing.

When you blame, you throw away your power. You make yourself a victim and you destroy your ability to take effective action.

To get your power back, stop blaming the other person and find your role in the problem. Once you see your role in a problem, you can do something about it. As long as you blame, you stay stuck.

Reference Bill Ferguson

So, 100% responsibility. Yes it is a big concept. A big, empowering, life changing concept.

Who is the person who has been responsible for the life you are living right now? Its YOU!

OK, we can hear some people saying things like ‘What about the accident that happened where I got injured. That wasn’t my fault!’ ‘Is my sister responsible for her cancer?’ ‘Is my family responsible for their house getting broken into?’

Good questions, and there are some people who subscribe to the notion that in some way we can attract these events into our lives.

In these cases, maybe we are not responsible for causing every event to occur, although we can take 100% responsibility for our response. We choose how we respond to everything.

We choose what we make it mean, and how we respond.

If you're frustrated with any area of your life, then it's time to take a little inventory.

So where to from here?

If you can take on the belief that you are 100% responsible for every area of your life – finances, relationships, health, career and business, attitudes and behaviours, then where to from here?

You are either creating or allowing everything that is happening in your life to happen, though often times people convince themselves into thinking that external factors are the source of their failure, disappointment, and unhappiness.

External factors do not determine how you live. YOU are in complete control of the quality of your life, by either creating or allowing the circumstances you experience.

When people complain about the state of their life (be it their problems with personal finances, weight, their jobs, or general dissatisfaction), the best thing they can do is scrutinize both what is working well and what isn't working well in their life and see how they've arrived at where they currently are.

If you're frustrated with any area in your life, then it's time to take a little inventory.

Certainly there are wonderful things happening, whether it's your job, your romantic relationship, your children, your friends, or your income level. Your accomplishments are just as important as your missteps.

First, congratulate yourself on your successes; and then take a look at what isn't working out so well. What are you doing or not doing to create those experiences?

Watch out! If you find yourself beginning to complain about everything but the choices you've made, then you need to take a step back. See if you can stop blaming outside factors for your unhappiness.

When you realise that you—and only you—create your experiences, you'll realise that you can un-create them and forge new experiences whenever you want.

How empowering is that!

You must take responsibility for your happiness and your unhappiness, your successes and your failures, your good times and your bad times.

All too often we choose to claim the successes and blame the failures on others or other circumstances. When you stop blaming, however, you can take that energy and redirect it to focus on shaping a better situation for yourself. Blaming only ties up your energy. Imagine putting all the energy into a positive effort.

Some ideas to make this happen

1. Believe, Believe, Believe! Have unwavering faith in yourself, for good and bad. Make the decision to accept the fact that you create all your experiences. You will experience successes thanks to you, and you will experience pain, struggle, and strife thanks to you. Sounds a little strange, but accepting this level of responsibility is uniquely empowering. It means you can do, change, and be anything. Stumbling blocks become just that—little hills to hop over.

2. Take no less than 100% responsibility. Successful people take full responsibility for the thoughts they think, the images they visualize, and the actions they take. They don't waste their time and energy blaming and complaining. They evaluate their experiences and decide if they need to change them or not. They face the uncomfortable and take risks in order to create the life they want to live.

3. Stop complaining . Look at what you are complaining about. I'm fat. I'm tired. I can't get out of debt. I won't ever get a better job. I can't stand the relationship I have with my sister. I'll never find a soulmate in life. Really examine your complaints. More than likely you can do something about them. They are not about other people, other things, or other events. They are about YOU.

4. Make an immediate change. Are you unhappy about something that is happening right now? Make requests that will make it more desirable to you, or take the steps to change it yourself. Making a change might be uncomfortable for you. It might mean you have to put in more time, money, and effort. It might mean that someone gets upset about it, or makes you feel bad about your decision. It

might be difficult to change or leave a situation, but staying put is your choice so why continue to complain?

You can either do something about it or not. It is your choice and you have responsibility for your choices.

5. Pay attention. Looking to others for help and guidance is helpful, but don't forget to stay tuned in to yourself—your behavior, attitude, and life experiences. Identify what's working and what isn't. If you need to, write it all down. Then...

6. Face the truth and take action for the long term. You have to be willing to change your behavior if you want a different outcome. You have to be willing to take the risks necessary to get what you want. If you've already taken an initial step in the right direction, now's the time to plan additional steps to keep moving you forward, faster.

Isn't it a great relief to know that you can move your life forward in the direction you want to go? Isn't it wonderful that your successes do not depend on someone else?

If you need just one thing to do different today, than you did yesterday, make it this:

Commit to taking 100% responsibility for every aspect of your life. Decide to make changes, one step at a time. Once you start the process you'll discover it's much easier to get what you want by taking control of your thoughts, your visualizations, and your actions!

You have all the resources you need to create your ideal life. No exceptions. No one else is responsible for your transformation. No one else is responsible for your results or your lack of results. You are responsible whether you choose happy, sad, content, overwhelmed, angry or empowered.

References: Jack Canfield, Bill Ferguson

100% Responsibility Exercise:

Think of something you believe you do well. What do you believe is true about your abilities? How do you take responsibility for the results that you get?

Think of something you believe you are definitely not good at. What do you believe is true about your abilities? How do you take responsibility for the results that you get?

What have you noticed about the two experiences? What specifically is different about the two experiences?

Think of something that you want to be good at. If you are 100% responsible for the results that you get, what needs to change, right now? What do you need to see yourself doing? What do you need to commit to? Who do you need to stop holding responsible for the results you want?

Reference: The Coaching Institute

A final thought

You don't have to be good at everything! Of course you already know this, in a logical way. What happens though is that we decide that there are things we 'should' be good at or like, then we take the 'effect' position with them.

For example, a woman isn't good at cooking (that's her belief). She might say 'I can't cook, I'm terrible at it, because (insert whatever effect statement you want here – 'my mother never taught me, I'm clumsy, I'm not creative, my Dad was a chef and never let me in the kitchen,' Doesn't matter what you choose here because that is being at effect.

So do you have to become a good cook? No way. If it is something you are really passionate about and want, then YES. If you have absolutely no interest in being a good cook, and really don't get much enjoyment from it then ABSOLUTELY NOT!

Just because you're a woman you're supposed to be a good cook? Is that your (limiting) belief? Or because your father or mother is a really good cook then that means you are supposed to be? Whatever limiting beliefs you are holding on to can get in the way here, so maybe you could work on those as well so that you begin to embrace the true personal power of 100% responsibility.

The point to this is that taking 100% responsibility for who you are and what you want means that you don't have to want or do or be anything because you think society expects it or your family expects it or anything. This is about YOU. There is so much freedom in this!

So don't use an excuse or reason to mask taking ownership of something you **don't** want.

So we have covered a lot of ground here on 100% responsibility.

It is your personal power in life and by truly living this belief your life has no limits!

YOU are the power.

YOU are your answer.

“There is an expiry date on blaming your parents for steering you in the wrong direction; the moment you are old enough to take the wheel, responsibility lies with you.”

— J.K. Rowling