

# Personal Responsibility

## Taking Ownership for Your Life

Accelerating Excellence  
Podcast Episode #27

*"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."*

– George Bernard Shaw

**RESPONSIBLE** = response-able; we are able to choose our response.

### 4 WAYS TO EMBRACE PERSONAL RESPONSIBILITY

#### 1. STOP BLAMING

Blame is tied to success in reverse proportion. The less you blame others, the higher the degree of success you'll achieve.

Ask 'what?' not 'why?'

- Instead of asking 'Why did this happen to me?' ask 'What can I do to improve this situation?'

#### 2. STOP MAKING EXCUSES

Only when you stop making excuses and take responsibility for your actions, will you get to where you want to go.

#### 3. APOLOGIZE

Apologizing is a great way of taking personal responsibility. Apologizing is not a sign of weakness, it's a sign of strength. And it builds trust. Even if you were not 100% in the wrong, you can apologize for your part.

#### 4. FOCUS ON WHAT YOU CAN CONTROL

$E + R = O$



You often cannot control Events, **but you can control your Response**. If you want a favorable Outcome, focus on your Response, not the Event.

*"If you could kick the person in the pants responsible for most of your trouble, you wouldn't be able to sit down for a month."*

- Theodore Roosevelt