

taking Responsibility

- ▶ The life you get is the life you **DECIDE** you want
- ▶ Take responsibility for your own life. Don't expect someone else to give you a good life. That's your responsibility.
- ▶ We all have a meter inside our brains which measures our happiness and self esteem. It is called your **CONSCIENCE**. Your conscience measures how satisfied it is each day about your actions and behaviour.
- ▶ If you enjoy high levels of self esteem, your conscience is OK. Obviously if you go to bed each day feeling troubled about the days' events, then perhaps you need to re-assess what you did that day and what you **MUST** do tomorrow to restore your self esteem.
- ▶ Don't be afraid to admit mistakes. It takes strength of character to admit mistakes. Don't be afraid to re-right a wrong, whether it was deliberate or accidental, because for every moment that you devote to restoring a wrong, you are also restoring your own pride and self esteem. When the wrong is fixed both you and the person you wronged will feel better for it.
- ▶ Taking responsibility for your actions and decisions will build you into a person of strong character. People respect people with strong character. People who possess strong character arouse confidence from others and are always reliable and sought after as friends, advisors, role models and leaders.

Taking responsibility **is taking control**