

LIFE ACHIEVEMENT ACADEMY

LESSON 6

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Taking responsibility...

- ❖ Shows maturity
- ❖ Brings peace of mind
- ❖ Is proof of mental health

Our parents are responsible for bringing us
with the best tools to age 18.

At age 18 we take on full responsibility for
everything that we have in our lives.

Everything we have in our lives is there
because of our chosen thoughts, beliefs and
behaviours



There is a difference
between taking the blame
and taking responsibility.

Once we take on blame, we are looking at the past and projecting it onto the future.

When we take responsibility, we are looking at the present and thereby choosing to create the future that we desire in our life.

In every field of life we must
learn to take 100%
responsibility...

We must take responsibility
for our happiness, our
fulfilment, our health, our
relationships and our financial
situation.

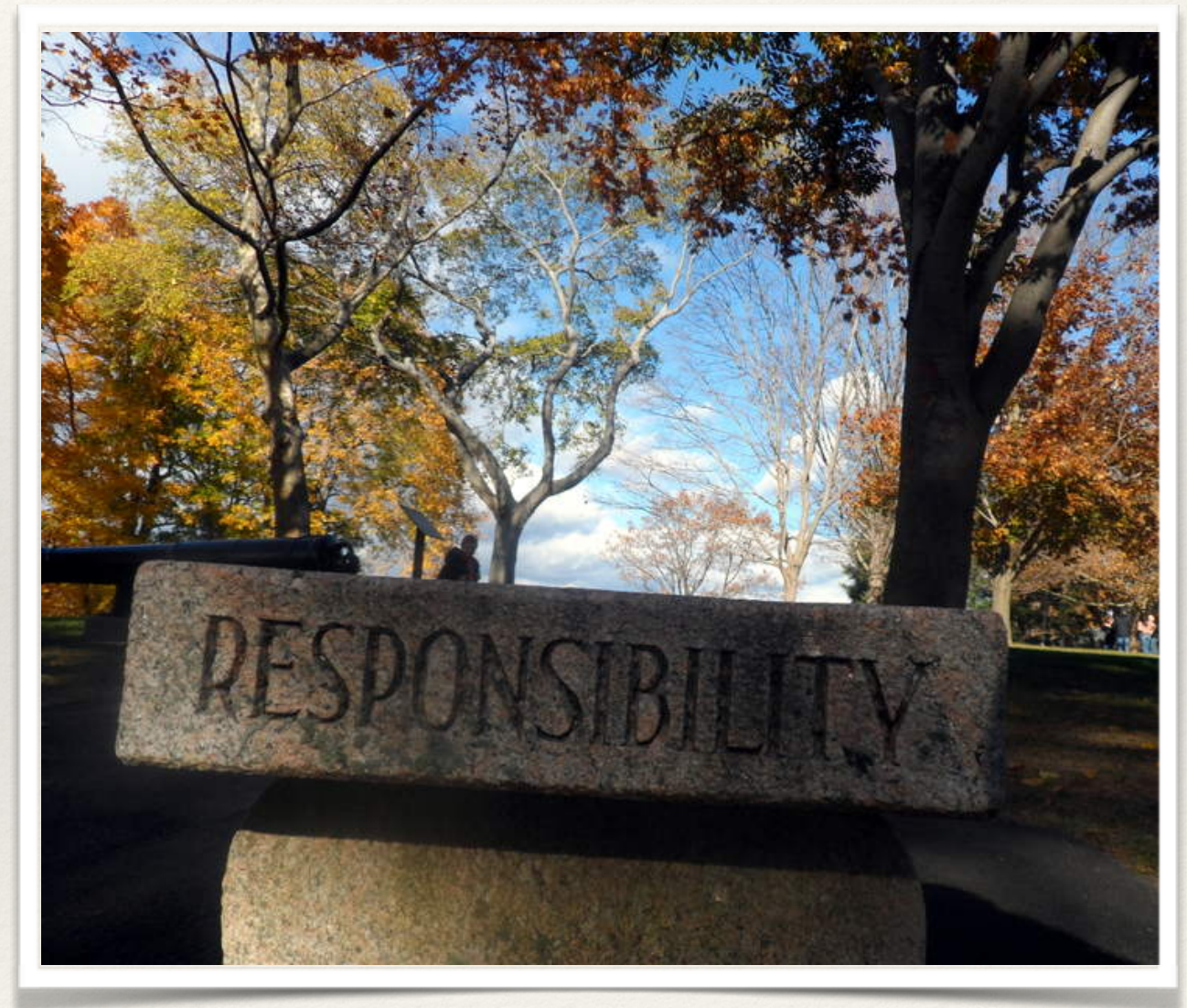
You always have a choice of how
you conduct your life

You are always free to choose:

- ❖ Which foods you eat
- ❖ Whether you exercise or not
- ❖ Whether you smoke or not
- ❖ Whether you are in a good relationship or not
- ❖ How you react in every situation
- ❖ Your attitude towards every situation

Taking responsibility means that we have chosen the thoughts and behaviours that have got us to where we are today.

If we do not like what we have and where we are today, we must change our thoughts & actions, and take different choices to produce the life that we do want to have.



And the first step to do this is by taking
full responsibility for everything.

Every behaviour can be changed

- ❖ What you do not like, you can change.
- ❖ We are living in an expanding universe and if we do not grow in life, then we are actually going backwards and becoming primitive.
- ❖ It is very important to welcome these changes.



It is also important to get into a state of mind that everything is for the best, and there is a bigger picture in our favour just waiting to unfold before us if we allow it to.

- ❖ The idea that is everything is for our best is that sometimes only through difficulties will we be pushed to change and take action towards becoming better and more fulfilled human beings.
- ❖ It is all about attitude.
- ❖ It is not important to see the bigger picture. It is only important how we choose to perceive the obstacle that stands before us.

By taking responsibility for our choices that have brought us to where we are today, and changing the choices which have not benefitted us, then we are on the path towards success, fulfilment and happiness.

By taking responsibility for all that we have in our lives we automatically feel more control over our lives.

We have created it,
so we can change it.

In the next lesson we will be talking about anger,
how to release it to create more peace in our life.