Taking Ownership of Your Attitude

Excerpt from Quantum Learning, by Bobbi DePorter

When you take responsibility for your life, you begin to make things happen. You have greater control because you stop blaming things outside yourself for your current situation. You can take ownership of your career, relationships, financial status, education or other areas of your life. You can create a huge shift in your life simply by taking ownership of your attitude.

This was the case for Walter “Buddy” Davis, who contracted polio at age eight and was told he would never walk again. Under such circumstances, no one could have faulted him if he’d become depressed and withdrawn, denying he had a problem or using the problem as an excuse for his lack of achievement.

But Buddy chose another approach. He took responsibility for his life and promised himself that not only would he walk again, but someday he would run. And did he ever! In fact, he won an Olympic gold medal and set a new world record for the high jump. Buddy took ownership of his attitude and it changed his life.

Taking ownership also means not blaming others for what happens to you. Blaming your parents, financial status, or lack of education only leads to dead-ends. Think of responsibility as “respond-ability.” The ability to respond to what happens to you, rather than just accept it. It takes action to make things happen.