Where Are You Living?

Above the line or below the line?

Think back to what we covered at SuperCamp about living above the line or below the line.

**Above the Line:** Respond-Ability • Choices • Power • Freedom

**Below the line:** Lay Blame • Justify • Deny • Give Up

When you’re living above the line you’re taking responsibility, you’re being accountable for your actions. You’re taking ownership for what you say and do. Living above the line wins you freedom, trust, and success. Above the line, you’re not a victim of circumstances because you determine how you’ll respond to them.

When you’re living below the line, you’re blaming others for your mistakes, justifying your actions, or simply denying them. Below the line, you act as if circumstances are beyond your control—it’s not your fault, there’s nothing you can do about it, other people and other things control what you say and do. You live in denial, complacency, and inaction.

To understand the significance of the line in your life, think about some recent situations and decide whether your responses were above the line or below the line. Did you miss a due-date? Were you late getting home? Did you take responsibility—or make excuses? When you own your actions and attitude you have the power to fix mistakes, overcome and learn from failures, and repair damaged relationships—and you experience a surge of potency and a sense of pride.

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