Think in Ink About Ownership

How much responsibility are you willing to take for your life? People tend to deny responsibility for their choices, fears, and weaknesses because it’s easier than taking hold of them and accepting them. It’s important to see how this can leave us feeling less free, less capable, less satisfied with ourselves. We start to believe we have few choices and little power in our life. Ownership is a matter of coming from an internal point of control versus an external point of control. You have control when you stop blaming things outside yourself for your circumstances.

Think about someone you can count on, someone who takes responsibility for what he or she says and does. How would you describe that person? Reliable? Capable? Trustworthy?

Now think about yourself. Do you always take responsibility for your words and actions? If you choose to be a person who accepts the consequences as well as the rewards for your actions, you will be a person who is treated with respect because you play the game of life with reality and responsibility.

1. When was a time in my life that I owned a choice I made and the results that followed? What were the results? How did I feel?

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2. What is something in my life for which I am responsible? Do I fully “own” it?

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3. How would my life change if I took ownership for my actions more often?

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4. What are three specific things I will take ownership for from now on? To demonstrate that I am a responsible person who takes ownership, I will . . .

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