

Be Responsible for the Outcomes in Your Life!

*Mr. Kulasekara is a higher level company director. He is very happy that he was hired by this multinational company. He is married and has two children. He is getting a first-class salary and he lives in his own house. But unfortunately he lives in a constant **state of anxiety**. When asked why he said "if the people in his life would change, everything would be fine. If only his wife would be more loving and understanding, if only his CEO is less demanding, if only his son is serious about his studies, if only the drivers on the road behave well" he would be fine.*

What makes the life stories of people different? How is it that some people from such humble beginning and devastating back grounds manage, in spite of it everything, to produce lives that inspire us? What makes one person's life an example and another person's life a warning? What is the secret that create passionate, happy and grateful lives?

The resources we need to turn our dreams into reality are within us. The first step towards success is, taking responsibility for your circumstances.

Taking responsibility means being aware of the multitude of choices you have in any given moment. Sometime I ask my audience "if you spend 8 hours with me and felt that you haven't learned anything at the end of the training, how much have you lost? Usually they would say "8 Hours". But is that right? WRONG. Every time we make a choice to do something, we miss the opportunity to do something else. For example, if you did not choose to read this article now, you are doing something else right at this moment. Because you decided to read this article, you missed the opportunity to do something else at this moment. So, it is your responsibility to make the right choice among the options you have in any given moment.

Asanka says "actually it is the fault of the job market that I am stuck in this lousy job"

Sharon says "well it is not my fault that I am overweight and depressed because I cannot find a decent gym in Sri Lanka."

Taking responsibility means never blaming anyone else (including yourself) for anything you are doing, having, feeling or for who you have become. When you start blaming yourself, you take your power away and become a victim. When you see yourself as the victim, you would say "I am hopeless", I am never going to make it" "Why is it always happening to me?"

It is imperative to understand that as you go through each day, every moment, you are choosing the way you feel. When you are faced with a difficult situation, ask yourself "am I going to make myself miserable or content? Am I going to visualize and project scarcity or abundance?"

Taking responsibility means realizing the power you have within you to change your situation. Did you experience emotions of tragedy and frustration, injustice or hopelessness during last decade of your life? What did you decide to do about them? Did you push yourself beyond your limits or did you just give up?

You decide your actions

The most powerful way to shape our life is to **take action**. Once you have taken the responsibility for your situation and comprehend the capacity you have to change it, the next step is taking an action. The difference in the result that people produce comes down to what they have done differently from others in the same situation. If we want to direct our lives, we must take control of our consistent actions. It is not what we do once in a while that shapes our lives but what we do consistently.

What determines the actions we take?

The answer is the power of our **decision**. Your life changes the moment you make a new congruent and committed decision. You must know that you can make a new decision right now that will immediately change your life. Your decisions are controlled and influenced by your *thoughts* (your thinking patterns)

Say, you have realized that your boss has not included you in the special meeting. How would you feel? You feel very angry and embarrassed and decided to take a half day off and go home because you think your boss doesn't appreciate your work. You think you never get rewarded for your work. You think this is a "disaster" or "end of your career" or "a punishment".

The words that come out of your mouth determine how you feel. Calling some challenging scenario a "disaster" generates a specific emotional response within you, one completely different from characterizing it as "interesting" or a "platform for improvement". The language we use affect whether we respond to some setback optimistically or indifferently. Your words are really nothing more than your thoughts made verbal. **Your language broadcasts your beliefs. Our beliefs drive our behavior. Our behavior produces our results.**

What if a professional athlete say that he had made a decision not to train anymore , to stop all practices, and to cut out any advance preparation- but he still was sure he'd perform like a superstar on the playing field? We would say that he is dreaming and expecting a miracle to happen. But, how many of us on the playing field of business make the time to train, practice and prepare? Yet we expect to get winning results.

If you are not happy with your current situation, change your **actions** (behavior) that produce your results. To change your actions you have to change your **thinking patterns** (your old habits and beliefs). To change your thinking patterns you have to **take the responsibility** for your circumstances.

Greatness on the outside begins within. You can't show the great toughness against your competition if you don't have mental toughness within yourself.

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