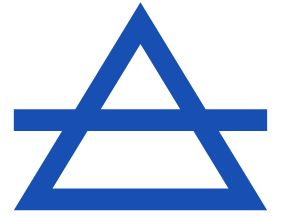


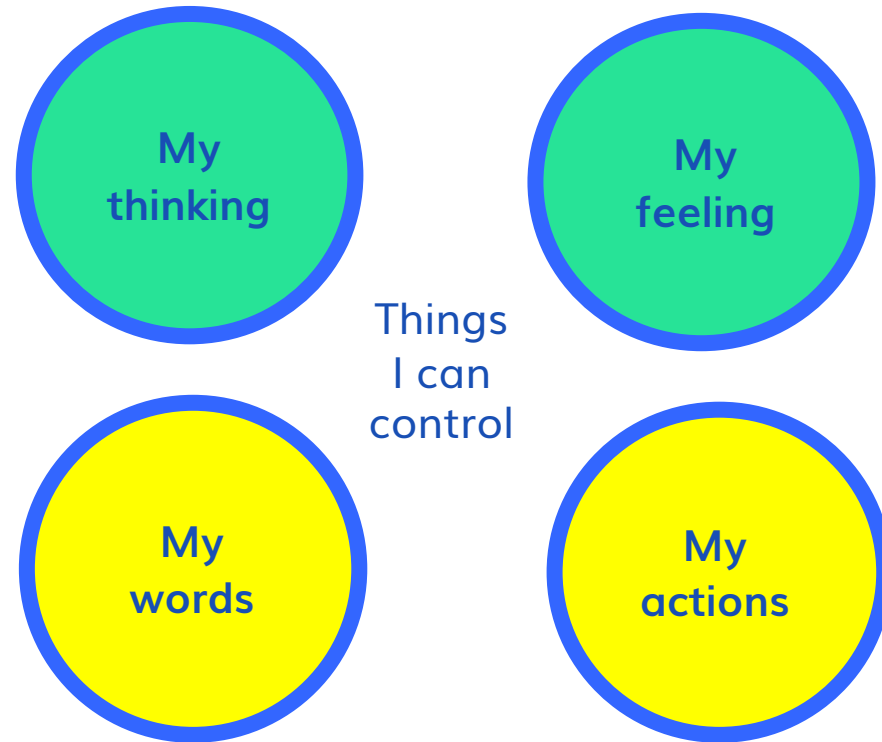
Reboot your OS >

Taking Responsibility



Your words program your software. The words you use have the power to influence and enrich your internal mapping, which you use for navigating toward more resourceful outcomes.

Words can empower you or they can impoverish you. The limits of your language are the limits of your world. So, speak up and speak life!



**KEEP
PRACTISING**

Read everything in blue out loud:

I, and only I, ultimately determine what I think and feel. Nobody can make me think or feel anything. I always have the power of mind and heart over this ultimate human freedom of what and how to think and feel.

Further, I and only I, ultimately determine what I say, how I say it, what I do, the actions I take and the quality of my behaviour as I go through each day. My actions and behaviours are mine just as my words are mine. I fully accept my power to influence others and do so responsibly.

Now think about a time and place when you strongly felt that something was yours, that it belonged to you. That you owned it free and clear, no questions. Something that, when you think about it, every fibre in your body says, "It's MINE!"

"My body"

"My dog"

"My toothbrush"

...anything that belongs to you.

As you think of this item and feel this sense of ownership, increase those feelings so that they become stronger. Make the pictures, sights and sounds in your mind clear until you can feel them in your body. When you do, apply that state of ownership to your four core powers of thinking, feeling, speaking, and acting.

My thoughts, my brain, my mental processing!

My emotions, my sensations, my body, my feelings!

My words, my language, my actions, my behaviours, my movements.



Just like a child will tell you: This toy is **MINE!** Own your four powers of thinking, feeling, speaking, and acting. As you feel this sense of ownership, just revel in it and enjoy it as you apply it to your four core powers.

Ok, now think about a small simple item that you **accept**. And then another that you **appreciate**. With **"acceptance"** you welcome it into your world, but you don't particularly have to like it. Things like the weather or the traffic; over which you have little or no control. With **"appreciation"** you not only welcome and embrace something, you really do so with vigour and excitement. Think of something, you really appreciate like a beautiful sunset, a warm cup of coffee, a great meal.

Again, imagine and picture these experiences of acceptance and appreciation. Steep in the feeling that they initiate in your mind and body. Experience them completely, letting them grow stronger and more powerful. If you feel it strongly, like a 9 on a scale out of 10, then apply that feeling to your sense of ownership (**MINE**).

Read the words out loud like you really mean it:

I (your name.....)

Accept and appreciate these powers of mine... I welcome, receive and embrace these powers that give me the ability to take charge of my world. I appreciate and will continue to grow in appreciation for my thinking and feeling, speaking and acting powers as an expression of how I can become much more effective in this world.

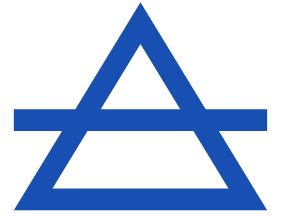
This is my zone of power. I am totally responsible for my responses of mind, emotion, speech and behaviour.



Vividly imagine taking ownership of your essential powers with you:

- To work.
- In the way you relate to others.
- In how you communicate.
- The energy you put into your goals and every decision, response or course of action.

Well done! This is no small feat; don't underestimate the transformative power that comes with taking ownership and responsibility.



To end this read the words out loud like you really mean it:

My responses of thought, emotion, speaking and acting result from the way I think and feel. No one makes me think in a certain way. My thoughts arise from how I choose to think. No one makes me feel certain ways. My emotions also arise from my thinking and valuing.

I will not play the victim and give all my power away to anyone.



**KEEP
PRACTISING**



**KEEP
THRIVING**