

## **"I am Responsible"**

**Taking responsibility for how we lead our lives is a life long process.** Few actually master this ability. Many of us need to be mindful and willing to engage in the journey. There are so many opportunities to practice this intention. It comes up for me daily. If you have relationships, then there are many opportunities. If you breathe, there are many opportunities. How often do you blame someone else, make an excuse for your choice, and wish for something different?

I am responsible for my choices- good and bad.

I am responsible for how much pleasure I find in daily activities.

I am responsible for leading or not living my life.

I am responsible for setting and achieving my goals.

I am responsible for how I relate to others- reacting and interacting.

**Coming from the place of "I am responsible" is where possibility begins to happen.** You give yourself the power and authority to create the results you want in your life. It may require self-reflection, admitting what is not working, questioning of underlying beliefs, challenging excuses, and willingness to change your self.

*"I am Responsible" brings:*

*Peace and joy*

*Less resentment and anger*

*Bigger dreams and goals realized*

*Empowerment*

**Become mindful of your choices.**

I choose how I live out my values.

I choose how I react and interact with others.

I choose to dream and commit myself to my goals.

I choose to be proactive rather than reactive.

I choose to be mindful of my choices!

**An exercise in observation:**

Observe your intentions and reactions for one week. Take note of when you are responsible and when you fall into the blame, excuses, victim trap.

What self-imposed limitations do you place on yourself?

Where do you get stuck not taking responsibility?

**Here is a challenge to take if you so choose:** When you notice your thoughts focused on someone else's behavior, just observe it, not have a feeling or reaction to it. I wonder what choice you might make differently.

**Copyright 2006, Lisa Martelli**

---

**If you would like to consider hiring a coach to help you achieve your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com) for a complimentary coaching consultation.**

---

**I welcome new subscribers!** Please forward this newsletter to others who may be interested in my newsletter, coaching services, or programs. If you wish to subscribe/unsubscribe to this free monthly newsletter, please do so on the Newsletter page of my website [www.baystatecoaching.com](http://www.baystatecoaching.com).

---