

Living Responsibly

Read and understand the statements below.

Self-responsibility means “being responsible” — not as the recipient of moral blame or guilt, but as the chief person who causes events in your life and behavior.

It entails such realizations as the following:

- ▶ **I AM RESPONSIBLE FOR MY CHOICES AND ACTIONS.**
- ▶ **I AM RESPONSIBLE FOR THE WAY I PRIORITIZE MY TIME.**
- ▶ **I AM RESPONSIBLE FOR THE LEVEL OF CONSCIOUSNESS I BRING TO MY WORK.**
- ▶ **I AM RESPONSIBLE FOR THE CARE OR LACK OF CARE WITH WHICH I TREAT MY BODY.**
- ▶ **I AM RESPONSIBLE FOR BEING IN THE RELATIONSHIPS I CHOOSE TO ENTER OR TO REMAIN IN.**
- ▶ **I AM RESPONSIBLE FOR THE WAY I TREAT OTHER PEOPLE – MY SPOUSE, MY CHILDREN, MY PARENTS, MY FRIENDS, MY ASSOCIATES, MY BOSS, MY SUBORDINATES, THE SALESCLERK IN A DEPARTMENT STORE, ETC.**
- ▶ **I AM RESPONSIBLE FOR THE MEANING I GIVE OR FAIL TO GIVE TO MY EXISTENCE.**
- ▶ **I AM RESPONSIBLE FOR MY HAPPINESS.**
- ▶ **I AM RESPONSIBLE FOR MY LIFE – MATERIALLY, EMOTIONALLY, INTELLECTUALLY, AND SPIRITUALLY.**

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