

STRATEGY 2:

TAKE RESPONSIBILITY AND OWNERSHIP OF YOUR LIFE

"The highest possible stage in human culture is when we recognise that we ought to control our thoughts."

Charles Darwin (1809- 1882), Naturalist

WE CREATE OUR OWN REALITY

In an organisation and in our society on the basis of thoughts people can be categorized into three different categories: Victims, Aggressors and Creators; and the three different thoughts are Lay blame, Justification and Responsibility. When we don't get desired result, we tend to blame situations, circumstances or other persons. The people who blame others or justify for their failures, in the long run become victims of their own creation. They may escape from immediate punishment but they victimise themselves and later suffer for their own deeds. The person, who takes responsibility of his actions, becomes the creator of his own destiny.

LIFE MANAGEMENT ACADEMY

Rediscover yourself through awareness...

"Managing to Leading" : Leadership Development Workshop

People with three kinds of thoughts in our organisation

Lay Blame	→	Victim/Sufferer
Justify (Failure)/Excuse	→	Aggressor
Responsibility	→	Creator



Workshop Slide

Have you ever noticed that some people pass through life blaming everyone else for why their life is the way it is? They say things like 'haven't got enough money because my boss won't give me a raise; or it's my husbands fault that I can't spend more time with my friends;

or because Mum brought me up that way. These are all examples of people Laying Blame on others. Whenever we point out a finger toward anyone, how many fingers point out towards us?

Then you get the people who justify their failures. “I can’t do this job because I’m not experienced enough to handle this kind of jobs.” As we grow up, we develop ego unconsciously. We have difficulties to acknowledge our failure. Most of us try to prove that ‘I am right’ by hook or by crook.

There is another category of people who takes responsibility of his every action and of his life.

If a person comes late to office he can blame on others for his late or he can justify his late coming. He can blame of the traffic jam or bus/ train was late. “I came out of home in time. It was the bus, which came late.”

Or

He can take responsibility of his action. He can say “Sorry I came late today; I will make sure that I take the previous bus tomorrow to come in time. Today I will complete all the work and then only I will go home.” If he takes the previous bus he may come 30 minutes before office hours. These 30 minutes he can relax with some deep breathing exercise. Make all the preparation for the day or he can read some book to improve his knowledge.

There is no power in life unless a person takes full Responsibility for his/her actions. Bad things happen to people in life, but we can choose however whatever our actions are going to be. ‘It’s not what happens - it’s what you do about it’.

It’s about being a Creator. Many people go through life being a Victim. It’s everyone else’s fault that life is, the way it is and in essence others control them. Terrible things sometimes happen to people and depending on beliefs you may or may not see these things as being that person’s responsibility. We could accept that even when something terrible happens to someone, he can choose how he will react to the situation.

The most empowering position is to be a CREATOR. To say “I am Responsible for my Life and I will choose how I react to any situation so that it does not control me”. The most powerful people are Creators - they acknowledge the past and choose their Future. Only human being can change their destiny by changing their attitude. We create our own reality.