



## Taking Responsibility to Take Charge of Your Life

Imagine being the captain of a sailboat at the start of an Olympic sailing final. You have been preparing thoroughly and are focused on how to take advantage of the outside conditions, the wind, the currents, and how the opposing sailboats are positioned to win the race.

You can't control outside conditions. You can only control two things: what you think and what you do. How you use those two things to respond to outside conditions will determine your results in the race. You have decided to take responsibility for your results and consequently, you feel in control, confident, strong, and ready to win. You feel the exhilaration of the upcoming challenge. You feel great!

One of your opponents; a rookie, is not focused on what he can do to win the race. His focus is on how the wind is not blowing just right, how the currents are all wrong, and how everyone else seems to have a better sailboat and better crews than he does. The rookie is whining, complaining, and acting like a victim. He's focused on what he can't control, on the circumstances. He's not taking any responsibility. The rookie feels scared and out of control. He feels awful.

It's pretty easy to figure out who will win the race. Winning in life, like winning in a regatta, is not about what happens to you, winning is about how you handle it. It's about growing up, taking responsibility and getting the job done.

Everything you experience today is a result of the choices you have made in the past. Whatever happens to you for the rest of your life is up to you. You are in control. You are the Captain of your own ship. You can make your life-ship drift aimlessly, or you can take your life-ship wherever you please.

The moment you accept total responsibility for your life is the moment you grow up. Most people blame all of their problems on other people and on circumstances. They say life is not fair. People that act that way have simply never grown up. Mentally, they are still waiting for Mommy or Daddy to bail them out of their self-imposed challenges.

Next time that you are in a tough situation, rather than blaming your circumstances, say, "I am responsible and I will fix this situation." As soon as you declare yourself responsible, your whole mental state shifts from victim mentality to victor mentality. The words "I am responsible" instantly make negative feelings and emotions vanish. Whenever you feel down, say "I am responsible," and watch what happens to your emotions. You'll be amazed!

You can't effectively set and achieve goals if you are in a negative state of mind. But once you take responsibility, you free yourself up mentally and emotionally and you can start channeling all of your energy on the job at hand. The key is to accept responsibility.

From now on, when circumstances are not ideal, either accept that you are not willing to do what it takes to create a better life, and quit complaining, or accept the risk and the price of creating a better life. Replace complaining with taking massive action. You'll feel a lot better. Guaranteed!

Start seeing yourself as the master of your own fate. Focus on the future and on what you can do right now to achieve it. The more responsibility you accept and the more control you'll feel and the happier you'll be. Take responsibility and watch your life change.

**Put it into action:**

Decide to stop blaming others for your circumstances and decide to start accepting responsibility for your life.

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