

## Exercise 6 – Taking Responsibility

Take a few moments to consider this.

Make a choice and choose if you are ready to start taking responsibility for all areas of your life!

This next exercise is writing your own responsibility statement. It is a short statement of your acceptance of your responsibility and the changes you're going to make to your life.

Once you've created it, you might want to keep a copy somewhere you can access it regularly. Reminding yourself every day will be very helpful in the short term.

You can also use the following affirmations statement to help you. If you repeat these daily, you'll embed these thoughts in your sub-conscious very quickly.

1. I am responsible for my actions
2. I am responsible for my thoughts
3. I am responsible for my feelings
4. I am responsible for my emotional state
5. I am responsible for my future
6. I am responsible for my relationships with others

**My responsibility statement:**