



How To Take Responsibility Process

Taking responsibility means you have a choice. You are the creator of your life. When you take responsibility you are owning your power, or taking your power back, so you can consciously wield it to create the life you desire.

1. No Blaming or Complaining
2. Don't take things personally
3. Tune into your heart
4. Choose Consciously

Being Responsible Means Being:

- Honest
- Compassionate/Respectful
- Courageous/Brave
- Accountable
- Free

Tune into your heart...

What do you want to make peace with being responsible for?

Is this truly your responsibility?

What does your heart want for you in regards to this responsibility?

What can that make possible for you?

What is the shadow or fear?

What is the belief that is driving this Shadow/Fear?

What values does that belief have for you?

How much energy is this costing you? 0-100%

Did you create this? Yes or No (circle one)

What belief will better serve you to give you the freedom you desire?

How would you like to feel?

What conscious choice can you make to free yourself and take your power back?

What is one Inspired Action you can take to make that choice?

Archetype: _____