

The Person Responsible For Your Success

by Jack Canfield



It's time to meet the person who has been responsible for the life you live right now.

This person has created your income, your debt, your relationships, your health, your fitness level, your weight, your attitudes and your behaviors. Who is it? To introduce yourself, just walk to the closest mirror and say hello! This person is you!

Although one of the popular myths out there is that "external factors" determine how you live, the truth of the matter is that you are in complete control of the quality of your life.

It's time to look at the life you've created and determine what is working and what is not. Certainly there are wonderful things happening in your life, whether it's your job, your spouse, your grades, your children, your friends, or your income level.

Congratulate yourself on these successes; you are creating them for yourself! And then take a look at what isn't working out so well. What are you doing or not doing to create those experiences?

It's time to stop blaming outside factors for your unhappiness.

When you realize that you create your experiences, you'll realize that you can un-create them and create new experiences whenever you want. But you must take responsibility for your happiness and your unhappiness, your successes and your failures, your good times and your bad times. When you stop blaming, you can take that energy and redirect to focus on creating a better situation for yourself. Blaming only ties up your energy.

It's also time to stop complaining.

Look at what you are complaining about. Really examine it. More than likely it is something that you can do something about.

Are you unhappy about something that is happening? Make requests that will make it more desirable to you, or take the steps to change it yourself. Making a change might be uncomfortable to you. It might mean you have to put in more time, money, and effort. It might mean that someone gets upset about it. It might be difficult to change or leave a situation, but staying put is your choice so why continue to complain? Face the facts that you can either do something about it or not. It is your choice and you have responsibility for your choices.

Successful people take 100% responsibility for the thoughts they think, the images that visualize and the actions they take.

They don't waste their time and energy blaming and complaining. They evaluate their experiences and decide if they need to change them or not. They face the uncomfortable and take risks in order to create the life they want to live.

Taking responsibility requires you to first decide to believe that you create all your experiences. Second, to pay attention to yourself, your behavior, and your life experiences. And last, to face the truth and deal with what is not working in your life. You have to be willing to change your behavior if you want a different outcome. You have to be willing to take the risks necessary to get what you want.

Isn't it a great relief to know that you can make your life what you want it to be? Isn't it wonderful that your successes do not depend on someone else?

Commit to taking 100% responsibility for your every aspect of your life. Decide to make changes, one step at a time. Once you start the process you'll discover it is much easier to get what you want by taking control of your thoughts, your visualizations, and your actions!

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