

The Blame Game Challenge

Get the blame out of you in 4 steps.

Step 1) Identify

Is there someone or something that is holding you back? Something in your life that is bothering you or that you would like to change? Take a minute. What story are you telling yourself about the lack of success or presence of problems in your life?

Step 2) Ask

Ask, how is blaming and complaining about the problem taking away your power? Pause and think about how when you blame about this issue, you no longer have the power to fix it.

Step 3) Discover

Discover what responsibility can you take for the situation? What can you do to take the power back and give new life to your dreams? Brainstorm all the choices and influences you have in this area of your life no matter how seemingly insignificant or small. Get the idea-factory flowing. What can YOU do about the situation. Write it all out. *Use the back of the paper for more room.

Step 4) Take Action

What action can you take immediately to change the way you see this problem in a way that this will never hold you back again? Consider the items in your brainstorm from Step 3. Choose one thing and take an action on it NOW! No matter how small or insignificant it may be, such as research or planning or even visualizing.

Now, Do it!! Get the idea out of your head and into the physical world by moving some muscle and doing some action .