

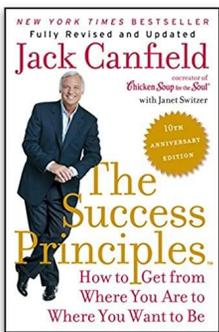
**Forget about events,
focus on your responses.**

It's too easy to blame external factors when things go wrong and things will go wrong- that's life! The outcomes you experience are the results of your response to an event. If you find your outcomes are negative or defeating, rethink your responses to the event.

“The key is to give up all excuses and take 100% responsibility for your life and your responses. Only then will you change your outcomes.”

Too often we think a better life will just happen to us, even though we know operating in the same old habits will only net us the same results. More production at work, better relationships with family, a healthier lifestyle, smarter financial decisions- these outcomes don't just happen to us. Think about what you could accomplish if you took control of your responses to the things that happen in life.

People who win have the best possible responses to events because they know how they affect the outcomes. Only then will you change your outcomes.



Resources to Consider

Check out [‘The Success Principles’](#) by Jack Canfield for more on taking control of your outcomes.

E + R = O

EVENT + YOUR RESPONSE = OUTCOME

Your outcomes are a result of your responses- own them.

“It is time to stop looking outside yourself for the answers to why you haven't created the life and results you want, for it is you who creates the quality of the life you lead and the results you produce. To achieve major success in life—to achieve those things that are most important to you—you must assume 100% responsibility for your life. Nothing less will do.” - Jack Canfield, ‘The Success Principles’

You can be a passive passenger in your own life or you can take control and assume responsibility for everything that happens to you. Once you do this, you'll find that not only will your mindset, attitude and beliefs shift, but success will follow as you act in ways that produce your desired results. It's your life, own it!

**Change Your Outcomes:
Action Steps**

List a current event in your life and a corresponding response that would produce a positive outcome.

	Event	Response
1.		
2.		
3.		