



IAM Touchstone #3: I Am 100% Responsible

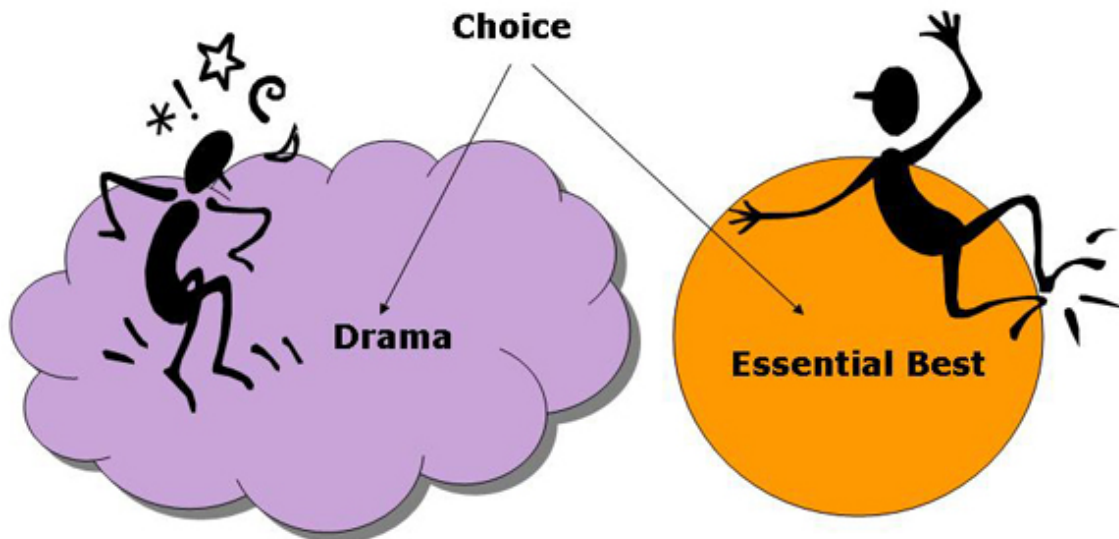
When I look to things outside of myself as the source of my current situation then I remove myself from the place of being able to do anything about it. I become a victim. I lose my ability to be at my *Essential Best* more and more over time.

Being 100% responsible **does not** mean taking on the weight of other people's problems, judging ourselves as bad or wrong, feeling guilt for what is happening nor blaming ourselves for the ills of the world.

Being 100% responsible **does** suggest claiming the power we have over our own thoughts, attitudes, beliefs and assumptions to influence our experiences. It challenges us to let nothing get in the way of being at our *Essential Best*!

This **IAM Touchstones** is deceptively simple. You may say, of course I'm a responsible person! Yes, we're sure you are. And there is always more to learn about being the creator of your own best life.

I Am 100% Responsible is a challenge to step out of **Drama**, choose to be at our *Essential Best*, and handle any **Drama** from there:

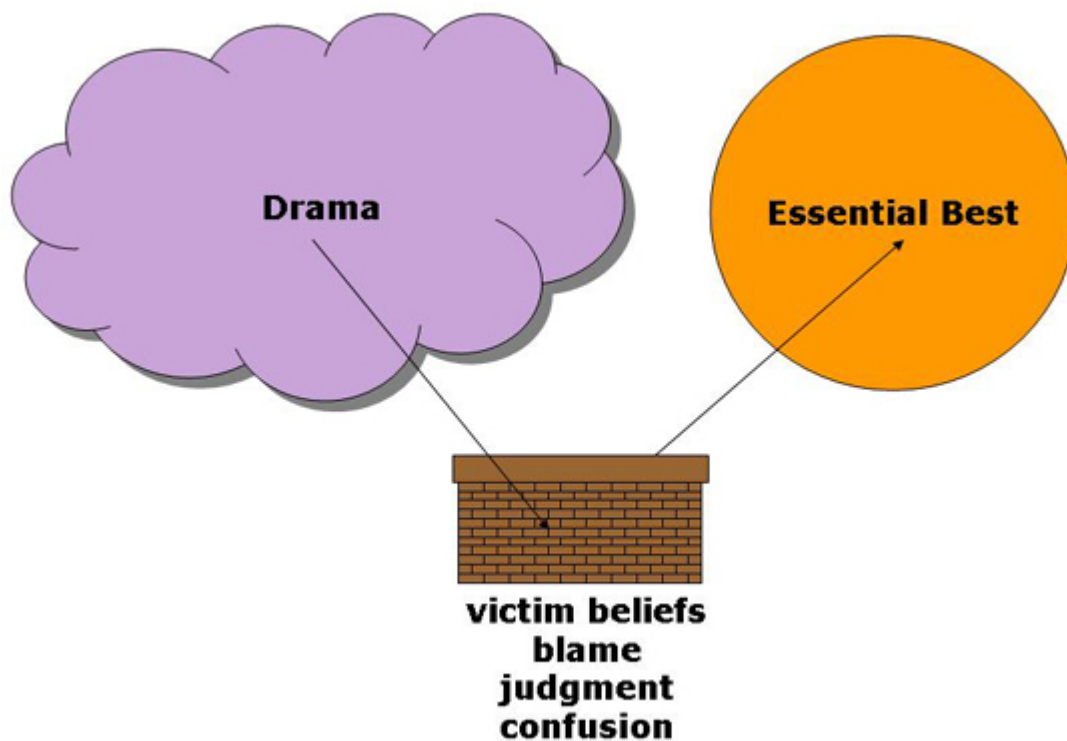


So if we find ourselves blaming or judging others, doubting ourselves, frustrated or angry or afraid to look at the truth about ourselves, we can know we are caught up in **Drama**, not taking responsibility. It's almost impossible to learn or be effective from a place of suffering or struggle. The learning usually comes after we get some distance or

perspective, and accept whatever is true about ourselves, which can take some time.

100% responsibility takes great discipline because it's a challenge to be at our *Essential Best* most of the time: to be happy, joyful, productive, feeling good about ourselves and others and to solve problems from this perspective. It's a challenge to choose **Essence** over **Drama** in a moment. Quite a tall order, we know.

Getting from **Drama** to our *Essential Best* can require navigating through what sometimes may seem like a brick wall of beliefs, judgments, blame and confusion:



But the effort will be more than worthwhile! By being honest about what's going on and sorting through the bricks to the extent we can, we can use **Drama** to clarify our deepest creative desires for ourselves, for those we care deeply about, and for the good of our organization, family and more.

Most importantly, by focusing on our *Essential Best*, rather than getting caught up in **Drama** unaware, we are choosing to take responsibility for our experiences: We wakeup to the ability we have to create our best selves!