

Mindset

Building Awareness, Growing Alignment, and Forming a Healthy Team

A Commitment: I am Responsible to Act

People possess the ability to “self-steer” and be their own case managers. We can take positive action in our lives. Yes, circumstances can often be difficult—but we still have the ability to do something about it. After identifying what a life worth living would look like, we have the task as humans to collaborate in the business of our life’s improvement. If we want to make our lives better, we have the responsibility to participate, ask for support when needed, and ultimately take action. Every one of us, in fact, has that responsibility: to chart a pathway toward greater quality of life.

We are powerful in many ways! Out of that power, flows **responsibility**. A Collaborative Agreement would also ask each person to commit to a mindset that affirms they are responsible. With that in mind, initial a personal commitment, affirming your responsibilities:

1. I am responsible for
i.e. I am responsible for being self-motivated and bringing my whole potential
2. I am responsible to
3. I am responsible for
4. I am responsible to
5. I am responsible for
6. I am responsible to
7. I am responsible for
8. I am responsible to
9. I am responsible for
10. I am responsible to

You will likely be able to brainstorm a long list of areas where you can affirm your full responsibility.

