





YOU
ALWAYS
HAVE A
CHOICE

If You are AWARE in the moment

STRATEGIES

Get others to help you become aware of blaming and complaining (fine jar)

Replace "I can't . . ." with "I can . . .or I choose not to. . .or I won't! "

Image an alternative Scenario to the one that scares you.

**If I were to take 5%
more responsibility for
my life, my career, and my
well-being . . .**

5% More Responsibility

1. If I were to take 5% more responsibility for enjoying my current job...
2. If I were to take 5% more responsibility for achieving my career goals...
3. If I were to take 5% more responsibility for my health and well-being....