



**What you
FOCUS on
becomes
POWERFUL!**

Don't FOCUS on what you can't control, but don't ignore it either. Recognize & Stay Attuned. Acknowledge what IS in your Control.

Don't waste opportunities to be productive and create a better environment.

Remember... YOU are in the Driver's Seat!!

1. IDENTIFY THE VILLAIN – THE PROBLEM/ISSUE

- Speak about it in "unenlightened" terms – be DrAmAtiC – HAM it UP – Blame overtly!

2. Now Step into 100 % RESPONSIBILITY

- Physically move to a place in the room that represents your commitment to being 100% Responsible for the situation.

3. Gain insight by completing these statements – Repeat as many times as needed until you have a breakthrough or shift.

- From the past this reminds me of...
- I keep this issue going by...
- What I get from keeping this issue going is...
- The pattern I'm noticing is...
- I can demonstrate 100% responsibility concerning this issue by...