

# The Vow of Personal Responsibility

I vow to be responsible for my life experience.

I am responsible for how I use time.

I am responsible for how I use money.

I am responsible for the status of my relationships.

I am responsible for getting my needs met.

I am the creator of my experiences.

Even though I may not see my choices immediately in challenging circumstances or situations, I am willing to recognize the fact that choices are always available to me.

The more I recognize my choices, the more responsible I become. The less I complain, judge and blame others, the more empowered I become.

I am not a victim to my emotions or to the situation around me, or to other people's behaviors.

I agree to recognize that when I have an unwanted experience, and as a result fall into patterns of blame, resentment, justification or judgment, it is possibly because I failed to ask for what I want. Or perhaps I failed to set a boundary, failed to speak up, or I was unrealistic in my expectations, or in some other way unclear in my communication.

I accept that even in my disappointments there is an opportunity to grow, to learn how to communicate more effectively, to step into a new truth, and to see others differently.

I reap the rewards and the consequences of the choices I make, as well as the unconscious reactions I have.

Because I have choice, I am responsible, and because I am responsible I am empowered.

I gladly accept the role of creator and take the vow of responsibility in all areas of my life personally and professionally.

Signed \_\_\_\_\_ Date \_\_\_\_\_