

LIMITING BELIEF #8:

I Am Not Responsible For My Current Situation

Congratulations! You've made it half-way through the course! You've tackled some major limiting beliefs and may already be seeing light at the end of the tunnel.

Today, we'll analyze how harmful it is when you think that you're just a victim of circumstances. This belief severely limits you. Let's see how...

It's easy to play the blame game. To believe that someone else is responsible for the situation you find yourself currently in. To assume that your circumstances are the products of other people's actions.

When you don't hold yourself responsible for your current circumstances, it allows you to stay stuck in those circumstances. After all, if you didn't create the circumstances, surely you can't be responsible for changing them.

And so, you don't make any forward progress. You think things like, *"I can't believe that they put me in this position. This is not my fault. I am not responsible for where I currently am."*

Your limiting belief is that you are not responsible for where you currently are in life.

This limiting belief allows you to play the victim.

When something goes wrong, you can simply blame it on others and the circumstances they've put you in. You refuse to take ownership of your situation.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief into a set of empowering beliefs.

LIMITING BELIEF:

- "I'm not responsible for where I am in life."

EMPOWERING BELIEFS:

- “I am 100% responsible for my life.”
- “I take ownership of all my circumstances.”
- “I refuse to play the victim game.”
- “I can create whatever circumstances I want.”
- “I am in complete charge of my life and determine what it looks like.”

If you're going to make forward progress in life, it's absolutely essential that you take 100% responsibility for the circumstances in which you find yourself. Yes, other people play a role in your life, but ultimately, you are responsible for what you accept and what you refuse.

If you find yourself in a particular set of circumstances, it's because you've accepted them. You've decided that you were okay with those circumstances and haven't made any significant efforts to change them.

Your new belief is: “I am 100% responsible for every area of my life.”

This is actually an incredibly freeing belief. **Once you realize that you created your current circumstances, you can then go about changing them.**

You can take the actions necessary to change your life in incredible, amazing ways. You don't have to stay stuck. You don't have to play the victim. You are in charge of your life, and you can shape your life to be however you want it to be.

ACTION STEPS

- Write down any circumstances you are unhappy about.
- Take 100% ownership of those circumstances, even if others played a part in creating them.
- Identify specific action steps you must take to change your circumstances.
- Daily affirm that you are completely in control of your life and that you are 100% responsible for all the outcomes.

AFFIRMATION

I am the captain of my fate. I am responsible for everything positive and negative that comes into my life.

*I take 100% ownership for the current state of my life.
I do what is necessary to create the life I desire.*

*I refuse to play the victim of circumstances beyond
my control or feel that I am at the mercy of others.
Instead, I take action. This is my life and I can build it
how I please.*

LOOKING FORWARD

Perhaps success has eluded you because you feel that you aren't worthy of success. This belief could very well be working on a subconscious level, keeping you from ever reaching your goals. Discover how to overcome this belief in the next lesson.