



October 2017

BEING ACCOUNTABLE

Many people think about their lives as something that just happens to them instead of something that they can control themselves. They drift through life reacting to situations and the actions of others instead of taking personal responsibility for what they need and what they do. They tend to blame rather than be accountable, deny rather than believe, defend rather than take ownership and pretend rather than be authentic. This often brings dissatisfaction, disappointment and diminished personal fulfillment.

Here are a few ways to empower our lives...some signs of the responsible life.

Own your part - See if you are able to identify your part in work and relationship tensions. Avoid blame, judgment and insisting on things always going your way.

Relationships – If there is more “distance” in a relationship in your life than you like, be the first to initiate connection and closeness.

Work – We arrive on time, avoid negativity, seek learning opportunities and treat others with respect. Work is an opportunity to serve, collaborate and be productive.

Kind service – Offer volunteer service to others when possible. Be kind to yourself, be kind to others and let others be kind to you!

Self-Compassion – Turn off the automatic stress response and assume responsibility for your health and happiness.

Gratitude – There is no substitute for daily gratitude. It brings health, humility and freedom from negativity.

Immediacy - Time and energy used to avoid feelings, decisions and important conversations increase our overall stress and anxiety. What would you need to address today?

Health – Choose to do what is healthy in this moment. If facing a life challenge and it will require much of you, it is essential to ask for help and make caring for your “self” a high priority.

Recognize success – Celebrate the efforts, outcomes and learning of self and others.

Apologize - Offering an apology, admitting a mistake, being accountable and knowing your limit demonstrates character and a values-based life.

Self-awareness – Sometimes we move through the day focused on life “outside” of ourselves. Take time now to check in with your body, mind and emotions.

With compassion, respect and integrity we help people to build hope, growth and well-being.

If you would like to talk to a counsellor, please call and we would be happy to set up an appointment for you.

