



## Coaching, A New Perspective

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*"Change the way you look at things and the things you look at will change." Wayne Dyer*

### Accepting Personal Responsibility For Your Life.

*"You spend all your time waiting for that second chance, for a break that would make it okay. There's always some reason to feel not good enough and it's hard at the end of the day." Sarah McLaglan*

These lyrics sum up how many may feel on any given day, as waves of life dissatisfaction continues to swell. Because it seems that no matter how many things we try to do right, a million things tend to go wrong. Creating a cycle of two steps forward and ten steps back, which produces feelings of frustrated, irritation, unworthiness and a strong sense of inadequacy.

But what is the underlying cause for sequence of disappointments? Why do we so often wait for chances that never seem to surface? You may be surprised to find that the answers are intricately woven into the way we really feel about ourselves on a personal level and the degree to which we have taken ownership of our lives.

Most of the systems that we employ to build our lives provide very little room for the understanding of personal responsibility. As a result, most of us have become masters of the blame game; not only is this game accepted as an easy way out, it is widely played by people from all walks of life. Hence if we are displeased, angry, broke, unsatisfied, too fat, sick, tired, too thin etc., we naturally blame someone or something else for our perceived shortcomings.

Nonetheless, there is enough sincere blame to go around as many of our systems do not focus on personal growth. Information delivery channels seem to

cultivate a sense of dependency, resulting in a severe degree of learned helplessness. And so when things go 'south' in our personal lives, we do not easily take responsibility – simple because we do not know how.

What does Accepting Personal Responsibility For Your Life really mean? My personal definition says - *"Intentionally deciding that regardless of where you are in your life's journey, in spite of the adversities you may have experienced or are currently experiencing and despite those who may have mistreated or 'wronged' you; on this day, you will Accept Full Responsibility For Your Life."*

This powerful statement of your intention appropriately places you in the driver seat of your life. You reclaim control of your choices and your actions. As self-ownership permits you the conscious freedom from the habit of the blame game.

This is one of the many intriguing intersections where Sports Coaching jargon are easily applied to the concept of Life-Coaching.

In the game of basketball when a player commits a foul, he raises his hand as an acknowledgement and acceptance of the foul. Even when a player may not agree with the referee's call he still takes responsibility. Same is true in Life-Coaching.

One of my first steps as a Coach is to encourage individuals to accept Personal Responsibility for wherever they are in their life's journey. This is a crucial step, without which many will find it difficult to appropriately respond to their life's challenges. However, when you accept responsibility you creatively develop the ability to respond.

A peek into the lives of many successful people reveal endless stories of homelessness, extreme poverty, little education, abuse, abandonment, etc. Yet, they held up their hand to the referee of life and took responsibility for where they found themselves; a decision that led to their incredible success.

Coaching clients through this phase is always intriguing yet challenging. Because we are not taught how to accept personal fouls for our lives, many of us feel an entitlement to blame someone or something else. Interestingly, however, when our lives exude success we have no difficulty accepting full responsibility. But not everything that glitters is gold; because people are living what many consider a 'successful' life does not mean that they have accepted full responsibility for their life.

What we must recognize is that *no one gets out of life alive* and the journey of responsibility is one that must be undertaken by each traveler. We either do it willingly or we settle for living our life by default. Because until we accept where we are and hold ourselves personally responsible, we will have very little influence on improving our lives.

The process of doing the same thing, day in - day out and then complaining that you are not getting a second chance is a bit absurd. If you truly desire an improved life experience, all you need to do is change your process.

Today, take a deliberate review of who you are beyond the surface. Acknowledge that you embody unlimited possibility and that you possess the power to achieve whatever you desire. You must begin to own your life - ownership comes with responsibility.

Be bold and brave - hold up your hand and accept a personal foul for your life; you will be amazed at how quickly you develop the incredible ability to respond and to successfully move your life forward.

*"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself."*

**Jim Rohn**

Questions/Comments are welcome -  
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