



Our situation may not be our fault but it is **ABSOLUTELY** our responsibility!

**YOU ARE
A PRODUCT
OF YOUR
EFFORT...**

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Our situation may not be our fault but it is **ABSOLUTELY** our responsibility!

This idea is so important if you want to make any kind of real change in your life. As soon as you understand this concept you are able to get out of the victim mindset.

"You are not a victim of your circumstance, you are a product of your effort."

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I SPENT YEARS LIVING WITH A VICTIM MINDSET...

- I was focused on my weaknesses
 - I made excuses
 - I compared myself to others
 - I blamed others
 - I saw problems as permanent
 - I repeated ineffective behaviors
 - I would try something but predict defeat and give up
 - I felt like life was always against me
 - I thought others were purposely trying to hurt me
 - I felt powerless to change my circumstances
 - I was constantly putting myself down
 - Even when things went right I found something to complain about
 - I refused to analyze my behaviors or beliefs to improve my life
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I was sure that everything that happened to me was completely out of my control. While that was true sometimes, I was still in control of how I reacted to my situation. I began to understand that my reaction to my situation was really what created my life, the actual situation I was in had very little to do with it.
