

# The Joy of Responsibility!

## NEGATIVE - UNintentional IMPACT

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1. **Recognize** Your negative impact on yourself and others.
2. **Acknowledge** Your negative impact and feel remorse.
3. **FORGIVE** Yourself and others. Resentment is poison.
4. **Integrate** New awareness - Who you have become.
5. **Transform** Create from this newly available energy.

## POSITIVE INTentional IMPACT

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1. **Recognize** Your positive impact on yourself and others.
2. **Acknowledge** Your positive impact and feel joy, pride, etc.
3. **CELEBRATE** Unabashedly embrace your magnificence.
4. **Integrate** New awareness - Who you have become.
5. **Transform** Create from this newly available energy.

### LEVEL 1

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#### Powerlessness (Victim)

You believe that life happens to you. You feel powerless, and get caught blaming other people or the world for your circumstance. You may be stuck in distortion, fear, struggle, martyr, etc. You feel like you have no good choices and no way out of your current situation.

### LEVEL 2

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#### Attempting Power (Overcoming)

You believe you can change your life. You seek happiness by changing external circumstances. You get caught up in working hard, often struggling to create external change. You still blame, often yourself. Watch out for emotional bypassing. \*

### LEVEL 3

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#### Powerful (Inner Fitness)

You understand that your circumstance and experience reflect your inner world, and that everyone and everything in your life is an ally on your journey. Significant growth and transformation happens when you consistently take ownership & responsibility for your impact, both positive and negative!

### LEVEL 4

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#### Magic

You experience the knowing that you are consciously creating your life, and it flows powerfully with magic, beauty, satisfaction, grace, and ease. Your lifestyle of responsibility has generated your most fulfilling, joyful, and purposeful life. Consciously creating feels like magical unfolding!

## DEFINITIONS

**Ownership:** Acknowledge and claim that you have impact, both positive and/or negative.

**Responsibility:** Respond meaningfully and appropriately. If you have a negative impact, first forgive yourself and then take whatever action you can to repair damage and heal hurt feelings. Always apologize and fix if possible. A clean apology is some version of "I am very sorry. I wasn't my best self, and I want to do better." It is never too late to apologize. Seek ways to repair your negative impact and create harmony. This will set you free!

**Emotional Bypassing:** It is dismissive to tell yourself not to feel what you are already feeling. With guidance from your Nurturing Parent, feel and process your emotions first, then take ownership and responsibility for your impact.

**Desire:** Healthy desire will point you in the direction of your best self. Dreaming helps you design and plan your future.

**Imagination:** Healthy imagination includes a clear picture of how you will feel when you have attained what you desire. This picture helps you adjust and align your raw materials, the building blocks for your life.