

CIT Success Conditioning©

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Responsibility

CIT Success Conditioning© improves business. Make a difference in the lives of people and watch what results. These people can be anyone with whom we work, know or have made an acquaintance.

While participating, notice how relationships develop, credibility improves, and how feedback and business provides you a measure of success beyond predictability.

Exercise:

This week look at areas of your life where you did not take responsibility. List these areas. This is not to make ourselves wrong, feel guilty, shameful, or badly. This is an acknowledgement of areas in our life where we did not take responsibility. It is an opportunity.

Criteria:

Consider the areas of work, family, communication, accounting, legal, exercise, eating, spending, discipline, time, follow up, and any other that comes to mind.

How:

Write a list of areas where you did not take responsibility. This is about you, not anyone else. Consider all possibilities around the area for which you did not take responsibility. Write a list of possible alternatives that could have occurred. (Hindsight is always 20/20.) Choose an alternative that remains a possibility and provides a positive solution or outcome.

Action:

Tell the most important person related to the circumstance what happened. Be truthful. Relive the incident objectively. Start with I. Tell them what stopped you from taking responsibility. Take responsibility and provide the alternative you considered. Allow them to respond and remain objective.

Intent:

Do this with as many people regarding as many areas as you can. If it is one area and affects many, talk to everyone. Be deliberate in your actions and be humbled by your acknowledgement. Remain flexible as there may be alternatives you may not have considered.

Feedback:

Give the other person the opportunity to listen and acknowledge the courage in your actions. Allow them to provide you their insights and feedback. You may find a new solution.

Upon conclusion, provide an email to www.ConceptsinTraining.com with the event and outcome.