

12 April 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Taking Responsibility

*This week, we are going to focus on taking responsibility. As I explain in the Masterclass, it's not just about taking responsibility for the past but also for the present and the future. This is what will allow you to make the difficult decisions going forward as well as opening yourself up to new and better opportunities by having a flexible mindset.*

*Choose one area of your life per day and answer each question with the first thing that comes to you. Areas to consider - relationships, habits, finances, career, health, traumas, regrets, fears, doubts, dreams and hopes, ...*



*Monday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*

*Tuesday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*

*Wednesday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*

*Thursday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*

*Friday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*

*Saturday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*

*Sunday - In this particular area, how do I take responsibility for the past? How do I take responsibility for the now? How do I take responsibility for the future? How could I be more open and flexible?*