

MATTMCWILLIAMS

Live with Passion. Lead with Purpose. Leave a Legacy.

Stopping the Blame Game

If you are reading this, I believe you've already made the decision to stop the blame game.

You have made one of the most important decisions of your life.

You have decided to take responsibility for your life. All of it.

You have decided to no longer blame anyone for the decisions you make, for the circumstances of your life, for the thoughts that you have, the feelings you experience, or the difficulties you go through.

Does that sound like you?

If not, stop reading right now and go back to your life of blame. Go back to living an average life...and easy life...a numbed life.

If you are ready to take control, read on.

Step One – Research

I want you to consider your circumstances.

What do you typically blame others for?

Your income? Your background? Your parents? Your _____.

Now I want you to research someone who went through something similar and came out better off.

Maybe you grew up on the “wrong side of the tracks.” Well, so did Oprah.

What made her the Oprah we know and love?

What actions did she take?

Whatever you have been blaming on your lack of success, find someone who went through something similar and use that as inspiration and as a guide.

Step Two - Meditate

I want you to meditate on the truth.

The truth is that you are responsible for your own life. You control how you react to situations. You control your thoughts, your feelings, and your words.

Do you truly believe that?

Meditate on the freedom that this brings to your life. You are no longer bound by what your parents did to you. Your health is not at the mercy of your boss. Your co-workers don't influence how you treat your family when you get home.

What would your life look like if you truly took control?

Take a moment to visualize that.

What would it look like to be free from your past? Free from blame? Free from others controlling you?

Rest in that place...I want you to have a clear picture of what that looks like before you move on to Step Three.

Step Three – Declare

Now that you have decided to take control of your life, researched others who have overcome similar obstacles, and meditated on and visualized what your life can and should look like, it's time to declare the truth.

Find some place where you are free from distractions and free from potential embarrassment.

Stand up if possible.

With each of these powerful declarations, I want you to stick your dominant finger in your chest for emphasis and say these words:

I control my choices.

I do not waste time with blame, guilt, or shame.

I control my thoughts, feelings, and actions.

When problems arise, I focus on solutions, not on blame.

I am an action taker.

I will reach my highest potential no matter the obstacles.

I take full responsibility for my life, my words, my decisions, and the outcomes.

Repeat this exercise daily and you will begin to live a life of full responsibility.

Step Four – Replace Blame with Action

Usually, we complain to the wrong people. We blame someone for something and complain to someone who feels (and often is) equally as helpless as you feel.

EXAMPLE: You fail to get a raise at work after an annual review. What do you do? Blame your boss and complain to your co-workers, your spouse, your dog, and your friends. The problem is that none of them can do anything about it.

Instead, take action.

Why did you not get a raise? Statistics show that more than 80% of the time, it's because you didn't ASK for one. So the blame is most likely on you.

Instead of complaining, take action.

Ask for a raise.

Look for another job.

Provide more value.

Show why you are worth more money.

Replace blame with action. Remove complaining and look for the solution.

Responsible people are action-oriented, not complainers.