



Module One



‘Get Set For Success’

Section 1 - ‘The Game Changer’

Hello and welcome to Module one, Section one, 'The Game Changer!'

Nobel Prize winner, George Bernard Shaw stated that, "Liberty means responsibility" and THIS is a fundamental element of this programme

Without a doubt, the single most important first step to success, not only in your Lifestyle Transition, but in any area of your life, is to take 100% responsibility for your life. Accept and take 100% responsibility for where you are today, and for your life from this point forth. Bare with me, all will become clear. I'm not talking about taking responsibility for the things that have happened to us, keep reading.

So many people live their lives pointing blame and fault on other people or circumstances. If you are to achieve success and happiness, and live a life you dream of in a Fit, Strong and Healthy body that allows you the freedom to live life to the fullest, it is essential that you take this first step. And here's why:

As long as you blame another person or circumstance for your situation, you will be living in a 'Victim Mentality'. And when you are living in a victim mentality, that being, by definition, "people who do not acknowledge responsibility for their choices or actions and who blame outside forces" thus handing over the responsibility, in doing so, you also hand over your power and control, you feel powerless to affect your circumstances. There is NO power without responsibility.

You must understand, that when you put blame on others or circumstances for your situation, what you are actually doing is saying that you where or you are powerless. You give up your ability to change. (READ THIS PARAGRAPH AGAIN AND LET IT SINK IN)

How can you take control over your life if you believe you had no control over that area in the first place? You can't, which is why for change to take place, you must accept responsibility.

I am aware that some of you may be thinking, "But things have happened to me that I genuinely had no control of", and here's the thing...

Personal Responsibility is taking conscious control of your responses to the events and circumstances in your life.

Please hear me right here, I am not suggesting that you to take responsibility for the things that life throws at you, absolutely not. The very nature of life means we will have trials, troubles and suffering. I've worked with Women who have experienced unimaginable suffering due to circumstances that have happened in their lives, circumstances that they were powerless to stop, control or change. Taking responsibility is about realising and accepting that you have the ABILITY to RESPOND in whichever way you choose to the things that happen, things that are both in and out of our control. By accepting that you have the ability to respond in which ever way you choose, comes freedom and the power to direct your life. To expand on this, I am not suggesting that this is an easy task, some experiences in life can feel utterly soul breaking; some feel like they will never come back from the suffering, but if you make a decision that your response can lead your life in one direction or another, that's the first step.

Now, in the quote I mentioned earlier by George Bernard Shaw "Liberty means responsibility..." he also went on to say, "... That is why most men dread it."

Taking and accepting responsibility can sometimes seem a daunting reality for some, as, in the words of the Greek Tragedian, Sophocles, "It is a painful thing to look at your own trouble and know that you yourself and no one else has made it." Living in sweet ignorance or denial surrounding responsibility for your life may be less demanding and less painful (in the short term) and sustains your 'comfort zone', but the price to pay for this in the end is nothing short of a tragedy and wasted life.

Taking responsibility for you own life can be hard work, very challenging and a lifelong process, but it is necessary if you want to truly be happy, free and achieve your goals. In the short term it can feel like the easier choice not to take personal responsibility. But the reality is, handing it over through blame is possibly the most debilitating and destructive act of self sabotage, conscious or sub conscious, you could take, because all personal growth, improvement and progress comes only from firstly accepting personal responsibility. I would just like to reiterate here that personal responsibility comes through the way in which you respond to those situations out of our control, as well as the personal choices you make surrounding situations we do have the ability to affect and both are as important as each other.

When accepting personal responsibility for where you are today, do so without blame. Responsibility and blame are two different things. When you cast blame, you are doing so with judgement. This is counterproductive and does not serve you. On the other hand, accepting responsibility is very humbling, gracious and empowering. You are accepting that you responded to a circumstance. Do so with self-love, compassion and gratitude. Tell yourself, "That's ok. I fully accept that I am responsible for how I

responded to that person or circumstance, and by doing so, I acknowledge and accept, and now know that I have the power within me to respond in any way I choose in any given situation. I am responsible for my life". For some, taking responsibility for their response comes instantly, for others particularly those who have experienced heart breaking and unimaginable pain or trauma, it can take time.

Take ownership of the choices and the responses to external factors you have made and the choices you will make from this second forth and I promise you, by taking responsibility and ownership, comes empowerment and the realisation that actually, your life doesn't happen TO you, your life comes FROM you.

HOW EXCITING!!

So, do you remember when you signed up and you agreed to give me permission to challenge you in order to enable your success? Well this is one of those times.

I challenge you my lovely, to dig deep with honesty and integrity, no matter how easy or tough it may seem, and complete your first two assignments. This may take you an hour, it may take you a week, it does not matter, as long as this challenge is done with intent and tenacity. Be thorough and face this challenge with excitement knowing that you are about to put the key in the door to freedom.

You'll see that you have 2 assignments for this section, A1 and A2. Once you have read and fully understood the assignment brief, continue to carry out the assignment. You can do the assignments electronically and then save them to your hard drive or indeed print them out and complete them manually. Alternatively, you can create your own template in a journal. Be sure to keep all of your hard copy assignments in a folder for reflection. You may want to refer back to these later in the programme. Remember, I don't need a copy of your assignment, they are yours and yours alone for your own personal growth and freedom. Once this is done, you can go ahead and progress to A2, reviewing the brief first.

Go and re-gain your power gorgeous girl,
you just got closer!

Assignment 1 – Accepting Responsibility

The First Step to Empowerment and Freedom

“...only you have the power to take responsibility and move your life forward, and the sooner you get that, the sooner your life gets into gear. It does not matter where you have come from...what matters is now, this moment, and your willingness to see this moment for what it is. Accept it, forgive the past, take responsibility and move forward.”

- Oprah Winfrey

A1 is in 5 parts: a; b, c, d & e and must be completed sequentially.

The purpose of this assignment is to facilitate the process of your empowerment through accepting personal responsibility for your life, up until this point, and from this point forth.

Overview:

A1(a) - Identifying Where you have previously given over control

A1(b) - Accepting Responsibility

A1(c) - Eliminating the lie

A1(d) - Taking back control

A1(e) - Self Awareness

A1 Part a – Identifying Where you have previously given over control

1. Make a list, of all the people and or circumstances you hold responsible or have in the past held responsible for your current situation, stating **why** this person or circumstance is responsible. Write each individual item in the form of a sentence. Start each new sentence with:

“ _____ is responsible for _____ because _____ ”

Examples

1. “My husband is responsible for my weight gain because if he had not of been out so often, I wouldn't have eaten out of boredom”
2. “My past employer is responsible for my current fitness level because I was active before they made me redundant”
3. “My parents are responsible for my weight because they over fed me as a child and I have therefore always been heavy”

Be as comprehensive and as thorough as possible. You may end up with 3 sentences, you made end up with 33 sentences, it doesn't matter. As long as you get down everything you can possibly think of that you have held or hold responsible for where you're at today in terms of your health and fitness. (You will need create additional copies of the template, the amount depends on how many sentences you have).

You may have thoughts that you had forgotten pop into your head randomly when you are out shopping for example. Make a note of it or take a voice memo when you do, and be sure to add it to your assignment list when you get home.

This is the type of assignment you may re-visit time and time again as you recall.

When you write down each individual sentence, **leave at least 4 or 5 lines** between each item ready for part (b) of the assignment (as per template below). Remember to complete this assignment with absolute honesty. No-one will read this but you, unless of course you choose to share it with others.

A1

1. (a) is/are responsible for
because

(b)

2. (a) is/are responsible for
because

(b)

(Create as many pages of this template as you need)

A1 Part b – Accepting Responsibility

Well done! Once you have completed A1 (part a), it's time to move on to part b. For this part of the assignment, you must now go back to the sentences you have written and challenge each one individually by replacing the sentence in the space directly below it, with the reality of it. It is important that you include the circumstance (or person) when you replace the sentence.

When you replace the sentence, **write / type it in a different colour**, a colour that you find empowering. A colour that is strong for you. You could write it bolder and bigger.

Some of the sentences you write may feel uncomfortable at first, as accepting responsibility can push you out of your comfort zone. But that's ok. Do it anyway. The more you do this and the more you practice, the easier it will become. When you write the replacement sentence, first connect to an emotion of acceptance and power for the action you have taken in beginning this programme, and write with self love and acceptance. Start the replacement sentence with,

“I am fully responsible for and take full responsibility for” and end with “I now fully accept this responsibility, and I take back all control given to this circumstance.”

Example:

1. (a) “My past employer is responsible for my current fitness levels because I was physically active before they made me redundant”

(b) “I am fully responsible for, and take full responsibility for my current fitness levels after being made redundant. I accept that I chose to respond to the redundancy the way I did and my actions did not include exercise. This is why my current fitness levels are as they are. I now fully accept this responsibility, and I take back all control given to this circumstance, and in doing so, I am now able to take action toward changing my current situation”

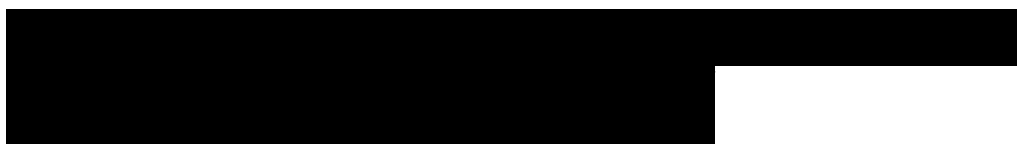
A1 Part c – Eliminating the lie

Now you have completed parts a & b, it's time to move on to part c.

Going back over the sentences, read the first sentence followed by the replacement sentence that goes with it. Read both one after the other, at least five times. Make sure you are fully present and engaged when doing this task. Once you have read both at least five times, take a black marker and black out the first sentence so you are just left with the replacement sentence. Do this for all sentences so by the end, you are just left with the replacement sentences. Again, you may feel some resistance come up or feelings of discomfort, do it anyway. It is just your subconscious mind trying to keep you in your comfort zone. On the other hand, you may not. You may feel totally elated! Remember to read with self love, compassion and acceptance. Give yourself a hug if you want too, you're amazing for doing this!

Example:

1.



(b) "I am fully responsible for, and take full responsibility for my current fitness levels after being made redundant. I accept that I chose to respond to the redundancy the way I did and my actions did not include exercise. This is why my current fitness levels are as they are. I now fully accept this responsibility, and I take back all control given to this circumstance, and in doing so, I am now able to take action toward changing my current situation"

A1 Part d – Taking Back Control

So, now you are left with just the sentences where you have taken full responsibility and taken back the control. Well done! Part d requires you to read your sentences, twice a day, every day for the next week. Read your new truthful and empowering sentences on waking and just before you go to sleep. Do this for as long as it takes to really be in full acceptance and fully responsible. For some, you might get it immediately, for others it may take a few weeks, even months.

NOTE: It is important to read it at the specified times. During the specified times, you will be using Alpha Brain Waves. The Alpha state is the gateway to your subconscious mind, and is the optimal time to programme your mind for success.

THIS IS REALLY IMPORTANT!

Just before you are about to read your sentences, take a couple of minutes to think of 5 things that you are grateful for.

Now, really think about the 5 things and feel the gratitude permeate through your body.

Then, and only then, with intent, read through your new empowering sentences. Feel the empowerment that comes from your new sentences knowing that, from this point forth, you have the ability to respond in any way you choose. You have reclaimed your power!

A1 part e – Self Awareness

Part e of assignment of A1 requires you be aware of your thoughts, actions and responses to every day circumstances and events. You will require a journal for this. Developing or heightening self awareness will allow you to experience and acknowledge the power you have over your ability to respond in any given situation. This exercise requires you to experiment for one week by consciously choosing your responses to a variety of situations.

During this next week, I invite you to really be conscious of how you respond to every day situations. Observe your thoughts and behaviours and make notes in your journal about the circumstance or person involved.

The responses to every day situations could include things like:

- Having to wait in a shopping queue
- Stuck in traffic
- A confrontation with a family member
- Ordering at a restaurant
- Change of plans due to somebody else changing their plans

These are just a few examples.

Reflect on the journal at the end of the week, and for each response you have written about, and ask yourself:

1. How did my response feel?
2. Did my response serve me and the people around me?
3. Did I respond in a manner that was kind and loving to myself and other people?
4. Could I have responded in a more productive way?
5. What have I learned from this?

Assignment A2

This assignment comes in two parts.

The first requires you to read the 'Accepting Responsibility Pledge', sign and date it.

The second part of this assignment, **is that you read it twice a day out loud.**

Again, when you read this out, please allow yourself a couple of minutes to get in to a state of gratitude, mentally listing 5 things that you are truly grateful for.

If you are ready to fully accept responsibility for your life, regain your power and your freedom of choice, the freedom to make the necessary changes required to live your life in a Fit, Strong, Healthy body that allows you the freedom to live life to the fullest, go ahead, read and sign the pledge!

Accepting Responsibility Pledge

I, _____ accept full and complete responsibility for myself, my life, my health and fitness, the choices I make and how I respond to situations both in and out of my control. I take and accept complete responsibility for where my life is today, knowing that my life, as it is, is as a result of the choices I have made regarding how I have responded. In doing so, I hereby take back all power and control over my life. I am fully aware that the only person responsible for my life and my fitness is me. I understand that to cast blame and hand over responsibility is in turn handing over my power and control. I am not a victim, and I will never accept or take on a victim mentality. If I am not happy with a situation, I take action to change it. If I cannot change it, I will change the way I think about it. Because within me, is the power to respond in whichever way I choose. I am a smart, self-reliant optimist and will respond in a way that serves me and my life. I am so excited and grateful to have the power within me to live the life I want in the body I desire. Right here and now, I take full responsibility for my health, my weight and body, knowing that I can achieve anything, because ultimately, my life, my body, my weight is determined by the choices I make. Taking responsibility for my life up until this point, and from this point forward is so liberating, because I have given myself the power to change. Life does not happen to me, life comes from me.

Signed:

Date:

CONGRATULATIONS!!!

You have completed

'The Game Changer'!

The next page has some positive affirmations for you to read, say and repeat daily in order to re-enforce your responsibility

'The Game Changer' - Responsibility – Affirmations

1. I accept full and complete responsibility for myself, my life, my health the choices I make and how I respond.
2. I take and accept complete responsibility for where my life is today.
3. I feel so empowered now that I have taken back responsibility for my life.
4. Taking responsibility for my life up until this point, and from this point forward is so liberating.
5. I take full responsibility for my health, my weight and body, knowing that I can achieve anything, because ultimately, my life, my body and my health is determined by the choices I make and how I choose to respond.
6. Today I take 100% responsibility for my life.
7. I claim my power and accept all responsibility for all areas of my life
8. Taking responsibility for my life and the choices I have made, empowers me
9. I accept total responsibility for my past, present and my future
10. I take full responsibility for how I respond to circumstances
11. I know that I can achieve my goals because I am responsible for making it happen. And I can. And I am.
12. I smile knowing that I am in control of how I respond to my life
13. I totally forgive the past and embrace the future with a smile in my heart
14. I accept responsibility for taking the actions I need to take in order achieve my goals
15. I love that I accept absolute responsibility for every choice I make, every response, every thought and every action.
16. I and I alone, am responsible for the life I live and the body I live in.
17. I love knowing that I have chosen to accept responsibility for my life.
18. Accepting responsibility for my past, present and future has given me the freedom to create the life I imagine. And I will. And I am.
19. If I don't like something, I will change it. And if I can't change it, I will change the way I think about it. Because I can, because I am responsible for change in my life and my thoughts.
20. I accept that I cannot change certain circumstances or people, yet I have the ability to respond to circumstances and people in any way I choose.
21. I am a beautiful strong Woman and have within me the power to create the life I dream of and live in a Fit, Strong, Healthy body by taking responsibility for the choices I make.