

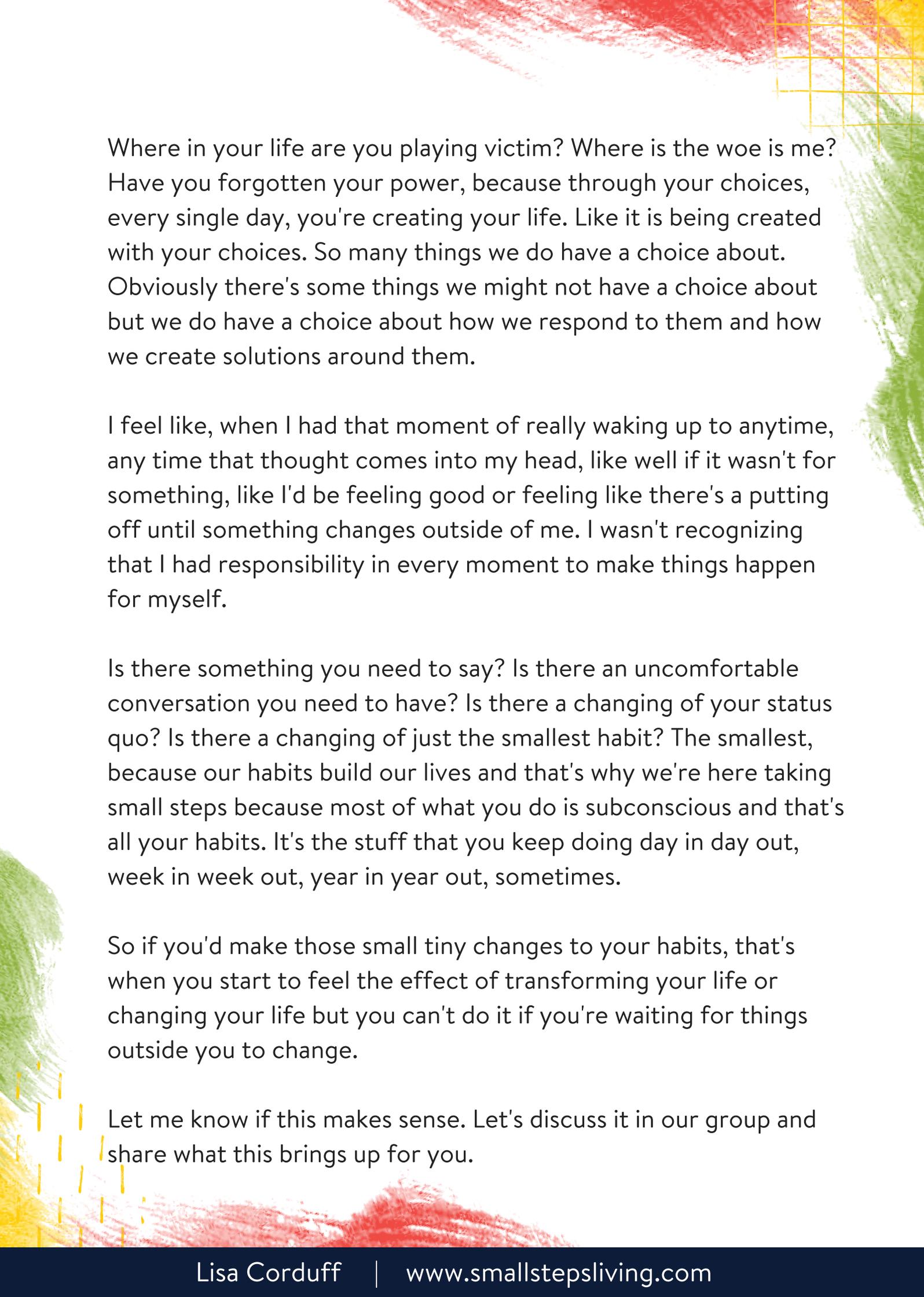
ARE YOU PLAYING THE BLAME GAME?

Hi, today we have a very interesting topic. Interesting because I can remember being really triggered by it but now I think it's one of the most essential things for standing in our power. So when I realized, a little while ago, that I was a big fan playing the blame game as in, it was always kind of someone else's fault. A particular situations fault, a time of life fault, a work fault, a you know just anything. Anything I could really find to not take full responsibility for what was in my life.

I realized that I was just giving my power away all the time. So when we sit in that kind of victim space of like, I have no control, this is all happening to me, I'm kind of the victim of this here, and I'm not talking about the heavy stuff, I'm not talking about abuse or those sorts of things. This is more your everyday life, woe is me, victim hood.

So I can remember thinking things like, you know, I could do this if I didn't have young kids or, if only Nick would do this or that then I would be happy or whatever or all sorts of things. If we had some more money then blah, blah, blah, blah, and it was always, there was always a reason, there was always this outside of Lisa reason why something was or wasn't happening.

I was definitely starting to realize that as soon as I do that, I'm not being responsible for my own life and I'm not realizing how powerful I am at changing my situation. I don't need to wait for anybody or anything to change to feel good, to get organized, to take a step, one step in the direction of something that I want.



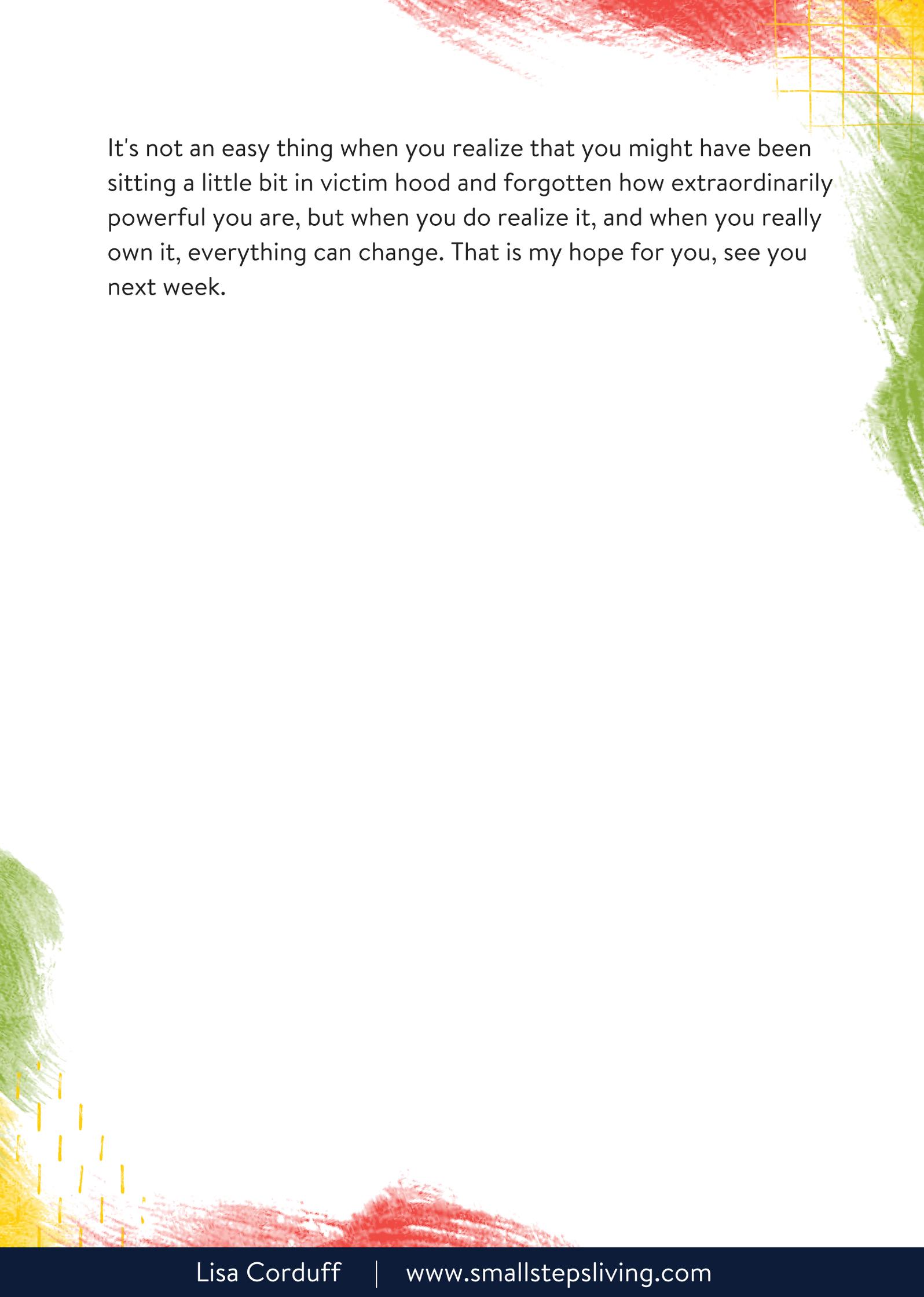
Where in your life are you playing victim? Where is the woe is me? Have you forgotten your power, because through your choices, every single day, you're creating your life. Like it is being created with your choices. So many things we do have a choice about. Obviously there's some things we might not have a choice about but we do have a choice about how we respond to them and how we create solutions around them.

I feel like, when I had that moment of really waking up to anytime, any time that thought comes into my head, like well if it wasn't for something, like I'd be feeling good or feeling like there's a putting off until something changes outside of me. I wasn't recognizing that I had responsibility in every moment to make things happen for myself.

Is there something you need to say? Is there an uncomfortable conversation you need to have? Is there a changing of your status quo? Is there a changing of just the smallest habit? The smallest, because our habits build our lives and that's why we're here taking small steps because most of what you do is subconscious and that's all your habits. It's the stuff that you keep doing day in day out, week in week out, year in year out, sometimes.

So if you'd make those small tiny changes to your habits, that's when you start to feel the effect of transforming your life or changing your life but you can't do it if you're waiting for things outside you to change.

Let me know if this makes sense. Let's discuss it in our group and share what this brings up for you.



It's not an easy thing when you realize that you might have been sitting a little bit in victim hood and forgotten how extraordinarily powerful you are, but when you do realize it, and when you really own it, everything can change. That is my hope for you, see you next week.