



ADVANCED PROGRAMME

HABIT 12

Taking 100% Responsibility



...powerful habits to transform your life!

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 12 is entitled ~ **Taking 100% Responsibility.**

This is about stepping into your true power!

Taking complete responsibility for everything in your life, will change the way you go through the world and people around you will notice! It is the primary building block to creating a life of purpose, fulfilment, and joy.

It's operating with integrity.



Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 12 ~ Taking 100% Responsibility!

*"You are **100% responsible** for everything in your life, with NO exceptions whatsoever!"*



This one is about mental strength, integrity and maturity and stepping into your full power!

If you wish to live a life of purpose, joy, and fulfilment, taking 100% responsibility for everything in your life, is absolutely paramount, with no exceptions.

You'll see as we go through the advanced habits that everything that has ever happened to you in your life (good or bad), **you created it** through the law of attraction.

Important distinction... certain negative events and past trauma's may not have been your fault (as you may have unconsciously created them) so you are not to blame. However, they are **still your responsibility** to deal with moving forward.

By acknowledging them and starting to deal with them (all the tools you need are in the advanced habits) allows you to initiate the healing process for your mind, body, and soul.

So, we all have the option to take full responsibility for everything in our lives and hold the balance of power (and ultimately create whatever we want) or we can play the victim and give away our power.

It's your choice but I highly recommend the former 😊!

Easy to play the blame game!

It is very easy to fall into the trap of blaming external circumstances, it can be very tempting to play the innocent victim.

You can blame your upbringing, the recession, the Government, your medical conditions etc, but you'll always find people in very similar circumstances who became a great success.

Blame is the world's greatest excuse; it keeps us limited and small without feeling guilty but there is a cost – the loss of our freedom!



So, 'we're kicking the crutches away' so to speak, because when you take 100% responsibility for everything in your life, **you also take full control!**

You may not like the circumstances that you're currently experiencing or how you got there, but you can change what happens next by accepting you are responsible for it and more importantly, you can decide where you go from here.

If you play the victim and blame game, you've got to wait for circumstances outside of your control (i.e., the economy, the Government, the cure etc) to turn in your favour!

So, let's step up a gear.

The Law of Attraction

Here's the law of attraction put succinctly;

'You attract everything that shows up in your life'

Whether you perceive any circumstance as good or bad is irrelevant.

You attract everything through your vibration (mostly subconsciously), that you are continually transmitting to the universal quantum field. So whatever vibration you are consistently putting out will attract circumstances and events on that corresponding wavelength.

It has to, as this is a universal law that you've been using since your first breath.

*Note – this programme is designed to use the law of attraction for your benefit so every single action from every habit, **raises your vibration that little bit more** each time you do it, so you feel better and attract better things into your life.*

So, whatever shows up in your life, YOU CREATED IT.

And, when you take 100% responsibility for everything in your life (as you're the creator), you're in full control from that point 😊.

No more victimhood

Once you fully understand and embrace this universal truth that you created everything that shows up in your life (via the law of attraction) and you then take 100% responsibility for it, you can never play the victim ever again!

And of course, that is a very good thing indeed!

🗨️ Anybody who plays the victim, gives their power away to outside influences and then has to wait for external circumstances to change for them to recover/progress.

👍 Anyone who takes 100% responsibility for everything no matter what, has the opportunity to change what they don't like and **has full control over their future!**

The choice is victimhood or personal power!



N.b. If you've created circumstances you don't like, accept 100% responsibility for them, and use this programme to start creating what you would like to show up in your life!

Making Changes

If you have circumstances in your life that are very difficult and troubling, acknowledge the situation, take full responsibility for dealing with it and make a firm decision to change it.

When you've had enough and say (and really mean) **'I don't care what it takes, I'm going to sort it once and for all!'**

That is the kind of energy you need to implement change.

Sometimes you have to surrender or give something up you don't want, it might be a relationship, business, property or perhaps a friendship.

It can be very hard to let go if you've invested a lot of energy into the situation but if the negative energy around the situation is causing you more hassle, you must seriously consider removing the situation, no matter what it takes. It's your (mental) freedom and happiness at stake.

***My situation;** over 20 years ago, I found myself in a precarious situation financially and was owed a lot of money. It was very stressful to say the least as I was in danger of losing my house.*

After some research, I realised the entity that owed me the money was a little unscrupulous and it would likely end up costing me a lot of additional money in legal fees to pursue without any guarantee of getting the money. My legal representative advised me to let it go to save further stress and anxiety from a situation that had already caused months of unrest.

Long story short, I filed for bankruptcy and it was wonderful 😊!

I had a misguided notion that bankruptcy would be a nightmare, the world would judge me, everyone would talk about it and I would spend years trying to recover.

Here's what happened;

I walked out of the court that day 'floating on air' feeling fantastic as I walked back to my house in the sunshine.

All the anguish, stress and anxiety had dissolved in an instant with the bankruptcy order in my hand.

I had never felt so mentally free since childhood. All the heavy baggage I'd been carrying for months had now gone 😊.

I did eventually lose my house around a year later, but I got a better one, although it was rented and not owned.



Here's the important bit...

Life continued as normal and got even better for me as the baggage was gone. The rest of the world was so busy dealing with its own stuff, it was almost as though no one even noticed.

There was me, with this misguided perception of all these negative things happened if I went bankrupt, yet it turned out to be a very good decision.

It resolved the situation and the associated anguish and gave me a fresh start and life carried on and I recovered far quicker than I imagined 😊!

Very often, the perception of what will happen if you make a drastic change or big decision is very different from the reality.

If the situation is eating away at you and it can't be resolved, do whatever it takes to remove it as your mental freedom is far more important than continuing with the stress and anxiety of the situation (I'm talking from personal experience).

Don't worry about what anybody else thinks as they are far too wrapped up in their own lives and issues.

Life always continues, with the advanced habits and tools, you can do anything no matter what life throws at you!

Big life decisions

If you find yourself in a situation that you don't like which requires a big decision (break up, divorce, close a business, bankruptcy etc) you've got to stand back and look at the situation from both sides...

Side 1. Can I realistically turn this situation around (assuming you want to)?

Side 2. Should I let go completely and remove the situation, whatever it takes?

A good way to make a big decision if not quite sure, is what I call the 'Sliding Doors' question.

It's based on the film Sliding Doors which simultaneously plays out 2 scenarios where the lead character in one scenario just manages to get on the London tube train and in the other, she misses it as the sliding doors close just before she can step on.

In one scenario she gets home to find her partner cheating on her and in the other scenario she doesn't. The sliding doors represent the difference between the 2 different realities playing out.

Using the sliding doors as an analogy, look at the situation you want to resolve and ask yourself the following question;



'if I could go back in time to the moment just before it started (relationship, business, friendship etc), would I still want it to happen or would I choose an alternative reality (sliding door)?'

Answer the question **with your heart**.

The answer you get in your heart will help to decide whether to try and resolve the situation or remove it no matter what it takes.

True leaders and decent people always take full responsibility.

We all admire and respect anyone who can hold their hand up and say, "Yes, it's my fault" or "I take full responsibility."

If you stop and think about it, you actually feel good when you accept blame or responsibility in front of other people. It shows strength of character and maturity.

As soon as responsibility is accepted, it brings immediate mental relief and 'draws a line in the sand' so things can then move forward.

The best bit, nobody can really argue with someone who accepts 100% responsibility as there's basically nothing to argue about.

Add some humour if you can

There will be times when things go wrong in a big way and you've got to deal with it.

You can't turn back the clock, so look at making the best of the situation. Obviously take 100% responsibility for it, but if you can, also laugh at the situation, as it takes the stress out of it too.

I call it laughing up front 😊!

Instead of laughing about it in the future when there is no more pain associated with it, choose to laugh at it when it happens. You've got to deal with it so may as well make the best of the situation. Not always easy but very powerful and liberating if you can do it.

This takes the sting (negative energy) out of it and makes dealing with the situation far easier. And (very important) you grow as a person each time you do it!

Book recommendation

['Taking Responsibility ~ Self Reliance and the Accountable Life'](#) Nathaniel Brandon

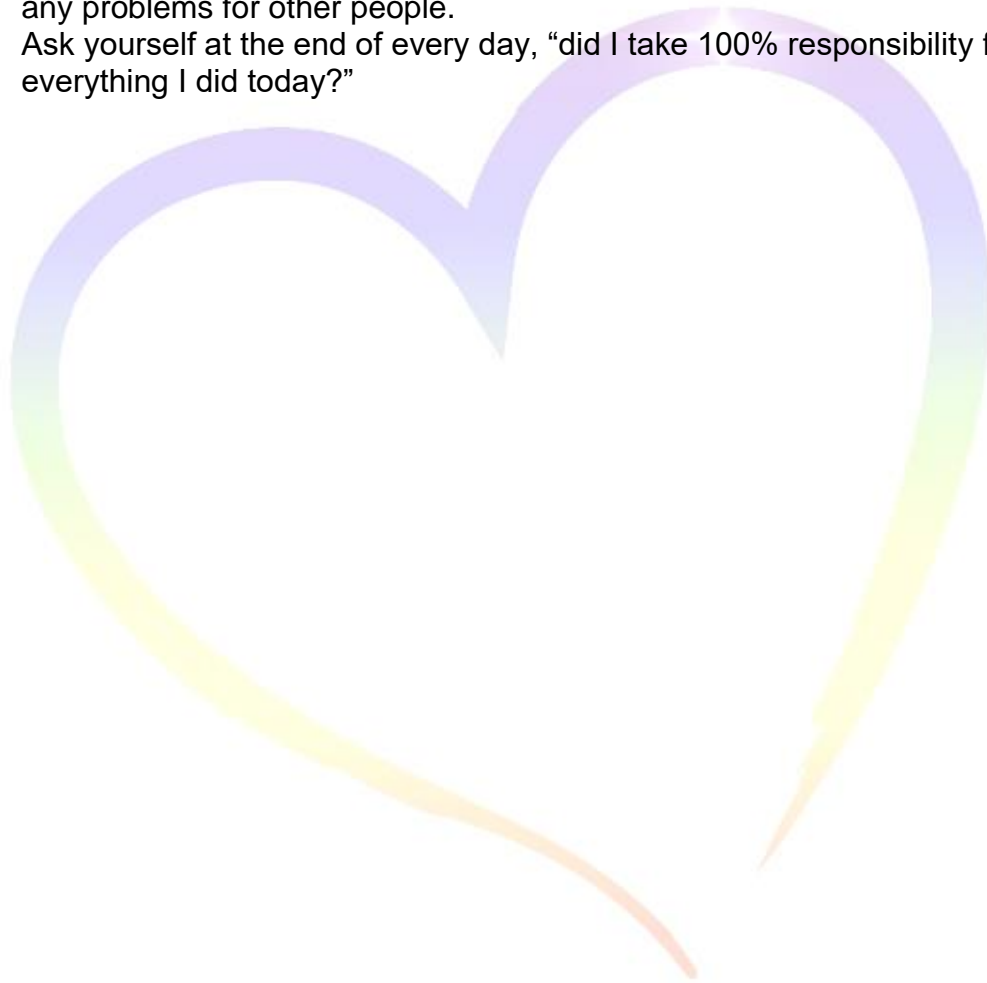


Final words

Taking 100% responsibility for everything in your life is a very responsible attitude and will help you achieve far more in your life. It is mentally liberating; you'll also feel good about yourself as it will boost your inner strength and self-respect.

Recommended habit action steps

- ✓ Do a stock take of your current life circumstances to check if you are playing the victim in any part of your life.
- ✓ Take 100% responsibility for everything you ever do/create from this point.
- ✓ Apologise immediately and accept full responsibility for any actions that cause any problems for other people.
- ✓ Ask yourself at the end of every day, "did I take 100% responsibility for everything I did today?"



Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

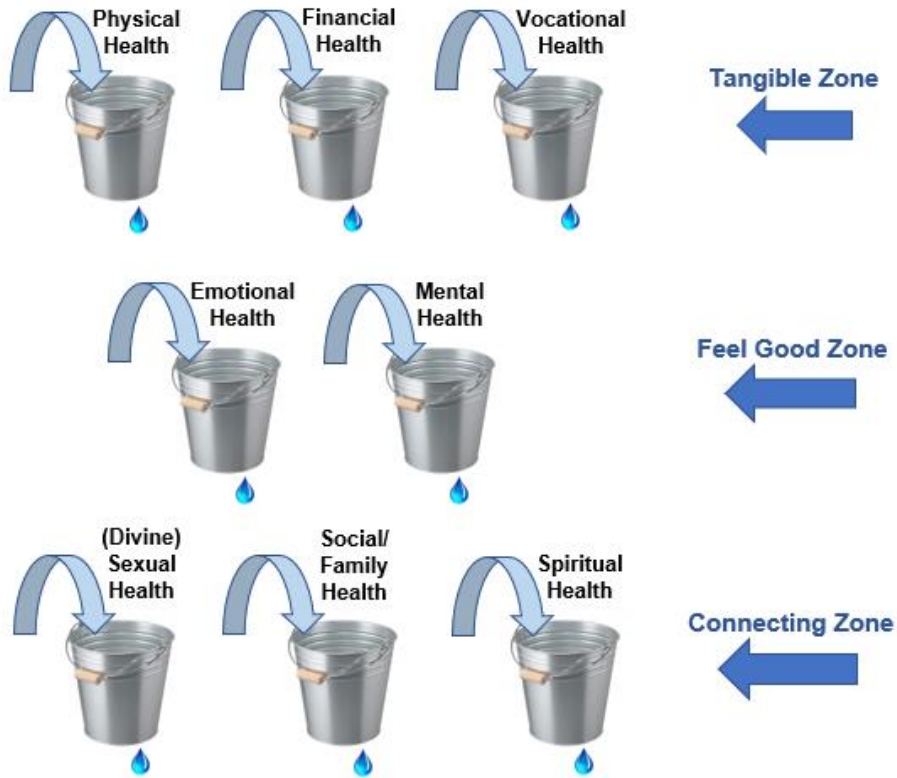
11. You will likely forget all this...but you can remember it whenever you want 😊.



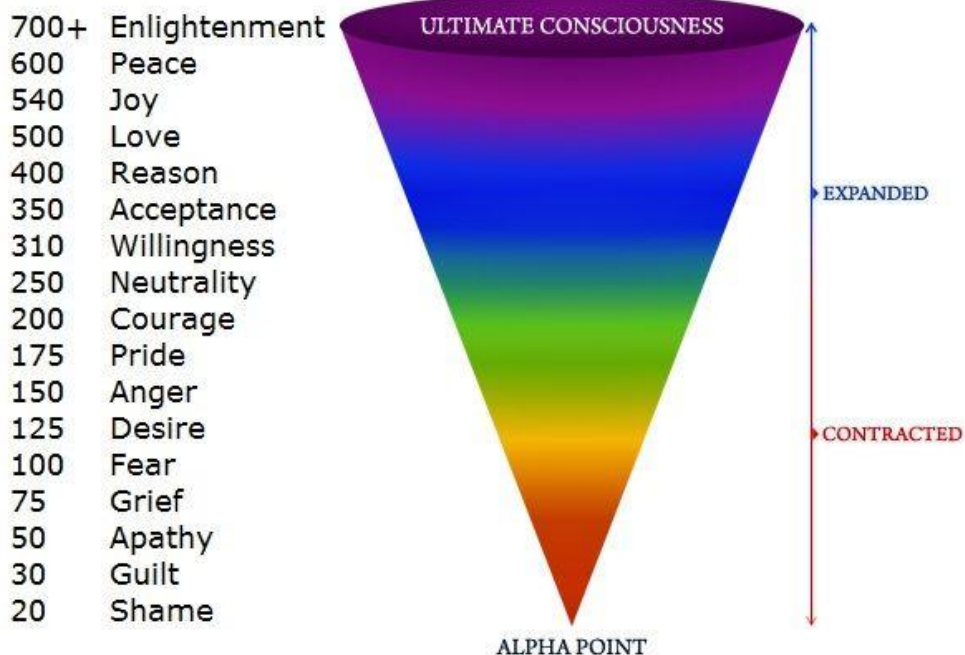
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

