

AFFIRMATIONS ON BEING RESPONSIBLE:

I AM RESPONSIBLE FOR MY CHOICES AND ACTIONS.

I AM RESPONSIBLE FOR THE WAY I PRIORITIZE MY TIME.

I AM RESPONSIBLE FOR THE CARE OR LACK OF CARE OF MY BODY.

I AM RESPONSIBLE FOR ANY RELATIONSHIP I ENTER INTO OR AM PRESENTLY IN.

I AM RESPONSIBLE FOR THE WAY I TREAT OTHER PEOPLE, MY PARENTS, MY FRIENDS, MY BOSS, THE SALES CLERK IN A DEPARTMENT STORE.

I AM RESPONSIBLE FOR MY SUCCESS OR FAILURE.

I AM RESPONSIBLE FOR MY HAPPINESS.

I AM RESPONSIBLE FOR MY LIFE--MATERIALLY, EMOTIONALLY, INTELLECTUALLY, AND SPIRITUALLY.

I AM RESPONSIBLE FOR MY PERSONAL DEVELOPMENT.