the **SUNDAY TIMES** PLOYMENTTIM

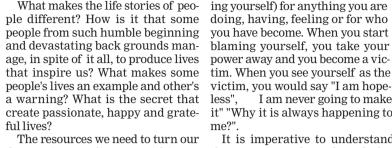
Be responsible for the outcome in your life!

By Nuwan Samarapathi

Mr.Gunawardena is a well-off company director. He is very happy that he was hired by this multinational company. He is married and has two children. He is getting a first-class salary and he lives in his a warning? What is the secret that less", I am never going to make own house. But unfortunately he create passionate, happy and gratelives in a constant state of anxiety. When asked why he said "if the people in his life would change, everything would be fine. If only his wife

Nuwan stresses a point

would be more loving and understanding, if only his CEO is only his son is serious about his studdrivers behave well the road" he



dreams into reality are within us. that as you go through each day, The first step towards success is, taking responsibility for your circumstances.

Taking responsibility means less demanding, if being aware of the multitude of myself miserable or content? Am I choices you have in any given going to visualize scarcity or abunmoment. Sometime I ask my audiies, if only other ence" if you spend 8 hours with me and felt that you haven't learned anything at the end of the training, how much have you lost? Usually they would say "8 Hours". But is that right? WRONG. Every time we

make a choice to do somety to do something else. For example, if you did not choose to read this article now, you are doing something else right at this moment. Because you decided to read this article, you missed the opportunity to do something else at this moment. So, it is your responsibility to make the right choice among the options you have in any given moment.

Asanka says "actually it is the fault of the job market that I am stuck in this lousy job"

that I am overweight and depressed our consistent actions. It is not because I cannot find a decent gym in Sri Lanka.

Taking responsibility means consistently. never blaming anyone else (includ-

What makes the life stories of peoing yourself) for anything you are blaming yourself, you take your victim, you would say "I am hopeit" "Why it is always happening to

It is imperative to understand every moment, you are choosing the way you feel. When you are faced with a difficult situation, ask yourself "am I going to make

Taking responsibility means realizing the power you have within you to change your situation. Did you experience emotions of tragedy and frustration, injustice or hopelessness during last decade of your life? What did you decide to do about thing, we miss the opportunithem? Did you push yourself beyond your limits or did you just give up?

You decide your actions

The most powerful way to shape our life is to take action. Once you have taken the responsibility for your situation and comprehend the capacity you have to change it, the next step is taking an action. The difference in the result that from others in the same situation. If we want to direct our Sharon says "well it is not my fault lives, we must take control of what we do once in a while that shapes our lives but what we do

What determines the actions



The answer is the power of our decision. Your life changes the form for improvement". The lan- and beliefs). To change your thinkmoment you make a new congruent and committed decision. You respond to some setback optimisti- responsibility for your circummust know that you can make a new decision right now that will immediately change your life. Your decisions are controlled and influenced by your thoughts (your thinking patterns)

Say, you have realized that your boss has not included you in the special meeting. How would you feel? You feel very angry and embarrassed and decided to take a people produce comes down to half day off and go home because is not the tools but the way you www.promindsweb.com Nuwan what they have done differently you think he doesn't appreciate used them didn't work. That is why 0773 66 00 94

think this is a "disaster" punishment".

determine how challenging

scenario "disaster" gen-

pletely different from characterizing it as "interesting" or a "plat-thinking patterns (your old habits guage we use affect whether we cally or indifferently. Your words stances. are really nothing more than your thoughts made verbal. Your lanbeliefs drive our behavior. Our behavior produces our results.

May be you have tried this it is never going to happen. Our *Coach* life is a learning process. May be it

your work. You it says "the experiences you underthink you never go define the man you are! You get rewarded for learn a lot more from your failures your work. You than from your successes!

What if a professional athlete or say that he had made a decision "end of your not to train anymore, to stop all career" or "a practices, and to cut out any advance preparation- but he still The words was sure he'd perform like a superthat come out star on the playing field? We would of your mouth say that he is dreaming and expecting a miracle to happen. But, how feel. many of us on the playing field of Calling some business make the time to train, practice and prepare? Yet we expect to get winning results.

If you are not happy with your erates a specif- current situation, change your ic emotional actions (behavior) that produce response within you, one com- your results. To change your actions you have to change your ing patterns you have to take the

Greatness on the outside begins within. You can't show the great guage broadcasts your beliefs. Our toughness against your competition if you don't have mental toughness within yourself.

The writer is a Master before. Just because you tried it Trainer- ProMinds (Pvt) Ltd, before it didn't work, doesn't mean NLP- Master Practitioner & USA) B. Com Marketing Australia),

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