



Name \_\_\_\_\_

# COMPETE!

## Training 4: Responsibility 2 (book chapter 3)

### 3 Powerful Choices That Heads-Up Players Make (p. 48)

**Responsibility Choice #1:** Choose to Focus on What \_\_\_\_\_ Can \_\_\_\_\_.

1. You can't control what \_\_\_\_\_ around you, but you can control how you \_\_\_\_\_ to \_\_\_\_\_.
2. You must be in control of \_\_\_\_\_ before you can control your performance.

“ \_\_\_\_\_ the Controllables!”

**Responsibility Choice #2:** Choose to Focus on How You Can \_\_\_\_\_ the \_\_\_\_\_.

This gets your energy going \_\_\_\_\_. (When you are feeling bad, your energy is focused \_\_\_\_\_.)

**Keep the \_\_\_\_\_ greater than yourself.**

**Responsibility Choice #3:** Choose Your \_\_\_\_\_.



**Train:** Memorize this definition of Taking Responsibility:

“Choosing to focus MY energy on whatever gives ME the best chance of success now regardless of what has happened or how I feel.”

**BONUS:** Take Responsibility! Choose your thoughts and focus on purpose.