



100% Accountable

Own Your Life: Exercise

Life Planning Exercise 13 – Recognizing My Resentments

The *100% Accountable* Mindset guides us in our search for the best ways to expand who we are. Having defined your dreams in the previous activities, you will want to seek growth in areas that will help you live this new vision of your life.

Blaming others for our situations is a big obstacle for many of us. Remember that every moment you spend harboring anger or regret is a moment you can't use to build a great life for yourself. Many of us have had very difficult circumstances, but it is important to recognize that you control your destiny from this moment forward. This can only happen if you eliminate the resentments you have toward those you believe have harmed you. When you resent others, you focus a lot of time thinking negatively. This prevents you from doing what you need to do to live your dreams.

In this exercise, you will identify one to three people toward whom you currently harbor resentment. You will recognize the negative impact this resentment is having on your life. The first step is always awareness. In a later lesson, we will show you how to move beyond the resentments in your life through gratitude.

Example 1: My parents were not very supportive of my dreams. This makes me extremely self-conscious and worried about whether anything I do is good enough.

My Resentment 1

My Resentment 2

My Resentment 3