

# Practice: Choose Your Responsibilities

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## WORKBOOK

### Principles

- Principle #1: Taking responsibility is choose a reason you control.  
Principle #2: Leadership starts by taking responsibility.  
Principle #3: Blaming is a failure in leadership.  
Principle #4: The bigger the responsibility, the more leadership needed.  
Principle #5: You need to choose what you're not responsible for.  
Principle #6: Choosing is free from reasons.

### Exercise: Choose Your Responsibilities

1. Make a list of what you are currently responsible for. What you see yourself as responsible for. What others see you as responsible for. What you think you should be responsible for.

Ensuring my wife has a safe and secure environment at all times

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Caring for my patients before, during, and after their surgery

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My own health/well-being

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My relationship with God

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The professional success of my mentees

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Protecting my mother in her disabled state

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Caring for my in-laws financially

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Finances in my home

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2. Go through the list, and choose a set of responsibilities. Remember what it is to choose vs decide.
3. Add to that list other responsibilities you choose to be responsible for, even if you or others have never seen you as responsible for them.

4. Write the list up so that each responsibility is in the following format:

- I Choose to be responsible for Ensuring my wife has a safe and secure environment because that's who I am.
- I Choose to be responsible for Caring for my patients before, during, and after their surgery because that's who I am.
- I Choose to be responsible for My relationship with God because that's who I am.
- I Choose to be responsible for The professional success of my mentees because that's who I am.
- I Choose to be responsible for Protecting my mother in her disabled state because that's who I am.
- I Choose to be responsible for My own health/well-being because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.
- I Choose to be responsible for \_\_\_\_\_ because that's who I am.

**REMEMBER, DO THE WORK AND YOU'LL GET THE RESULTS.**