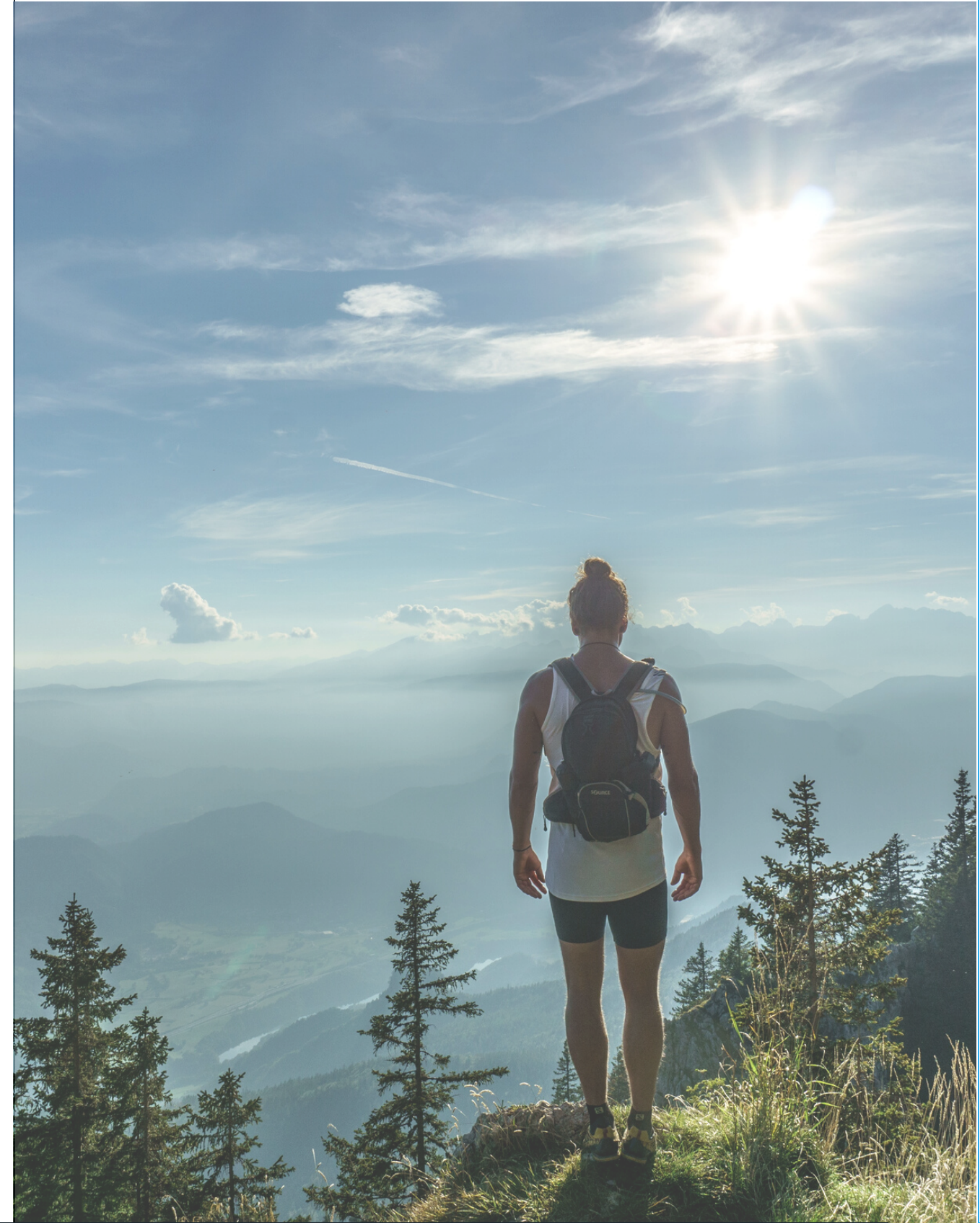


**4WRD**

# **Personal Responsibility**



Your success is YOUR responsibility!



# Today's **Session**

## OWN YOUR SUCCESS

- Your success is your responsibility
- Responsibility v. accountability
- Overcoming obstacles to success
- How do you evaluate success?
- Roadmap to success





# Goal-setting is...



Purposeful



Explicit



Scientific



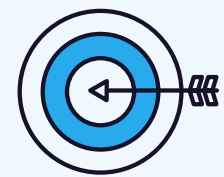
“

Goal-setting is charting a course for success.

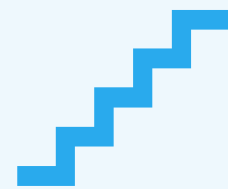
- Provides clarity
- Set our focus and attention
- Gives us a path to follow
- Keeps us focused on the finish line



# The Goal-Setting Process



Set life goals



Step goals



Commit



Write them down



Set a timeline



Create plan



Commit to another



Take action



Regular check-ins



Identify success

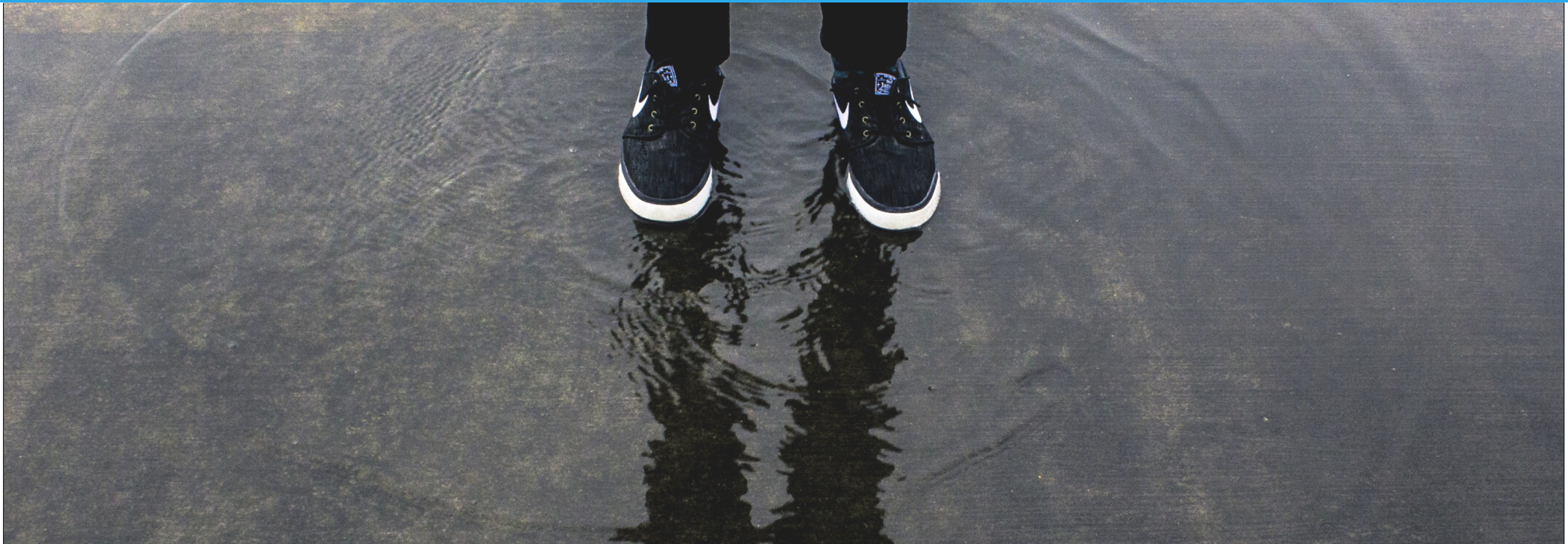


Celebrate success





# Reflection is a powerful tool in achieving your goals



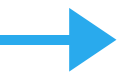
Decide what's important to you and establish goals that help you pursue and fulfill your purpose.





# OVERCOMING OBSTACLES TO SUCCESS

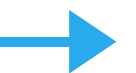
We don't just "take"  
responsibility...



# Activity Time

## Reflection

Stop and reflect on why or what created your roadblock. Use your knowledge, experience, motivation, and ingenuity to identify alternate paths to goal success!





# The Importance of Self-Efficacy

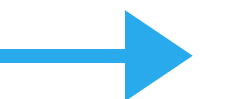
## Why?

Self-Efficacy is having the confidence — usually developed by acquiring knowledge, skills, or experience (and having experiences) —that we can not just do the things necessary to achieve success, but also to overcome challenges along the way.



# Locke + Latham's Goal Setting Principles

- BELIEF
- EFFORT
- MOTIVATION
- OVERCOMING CHALLENGES
- RESILIENCE
- EVALUATION OF SUCCESS





# The Power of Belief

## Mind Over Matter

It is so much simpler to accept, practice and adopt the idea of personal responsibility (and its benefits) if we have **belief** that we can achieve our goals.

- belief in our ability
- belief we can execute the necessary steps
- belief in our ability to overcome challenges



# Effort

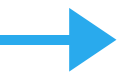
To take personal responsibility, we need to know that we have the personal resources, knowledge and experience to put in effort and properly perform the steps necessary to achieve our goals AND to move through obstacles.





# Motivation

Without proper motivation, achieving challenging goals is a bumpy road. Motivation is what gets us going, drives us toward our goals, and keeps us pursuing them—no matter what.





# Overcoming Challenges

Sometimes, “overcoming challenges” means totally regrouping and considering alternate paths or routes to achieve our goals. If we can do this, our belief in our success – and ourselves as masters of that success – increases.



# Resilience

Resilience is the ingredient that lets us get back up after those challenges — and even after getting knocked down by them — again and again. Self efficacy and resilience have a symbiotic relationship. Self efficacy grows resilience. And resilience — and its practice — further grows self-efficacy.





# Evaluation of Success

Ultimately, our evaluation of “success” determines nearly everything about how we feel— and how we accept the personal responsibility — that is necessary for goal achievement, no matter how big or small the goal is.

In goal achievement, we sometimes must STOP and get clear on what “success” means.



# The Road to Success

It's the journey, not the destination.

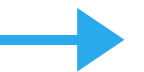
It's the journey, not the destination

Success is found in the process

The lessons we learn lead to growth

Development and growth of self-efficacy

PERSONAL  
RESPONSIBILITY





# PERSONAL RESPONSIBILITY AND GOAL-SETTING



When we realize how and why our growth and success is very often not in the end result but in the process, everything stops being so risky

And when it stops being scary because we're no longer afraid to fail— taking personal responsibility is not scary or risky either.





# Worksheet

Let's talk about personal responsibilities and goals



Question 1: Reflect on what your beliefs are and decide whether or not the goals you've set reflect those beliefs.

---

---

---

Question 2: Think about any challenges you've encountered while working towards your goals. How did you handle them? How can you improve?

---

---

---

Question 3: How do you evaluate your success? Is there emphasis on the destination? Or do you find success in each step of your journey? Why?

---

---

---

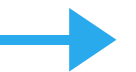


# Summary

Goal-setting is purposeful,  
explicit, and scientific

Don't underestimate the  
power of Reflection

It's not about the destination,  
it's about the journey



# Thank you for joining!

if you have any questions or feedback,  
please reach out to us at  
[team@4WRD.com](mailto:team@4WRD.com).

[WWW.GO4WRD.COM](http://WWW.GO4WRD.COM)

