



COURSE 1

Me, Myself, & I: Mastering My Choices to My Best Self

Lesson 3 Ownership: Who's responsible for this?



W O R K B O O K



CHOICE → Ownership : Who's responsible for this?



TOOL → $E + \Delta = O$



MANTRA → When I own my own lane, a beautiful life I'll attain.

OWNERSHIP:
Who's responsible for this?

Problem

Coaches, mentors and friends want you to
_____ good.

“If you're constantly being told what you want to
hear in order to feel good or to affirm where you
are, you're not going to _____.”

Insights, ideas, and notes...

OWNERSHIP:
Who's responsible for this?

🕒 1:36

"This ownership is a _____ -it or
_____ -it."

🕒 2:06

"99% of failures come from people who have a
_____ of making _____."
-George Washington Carver

🕒 2:24

Insights from W. Clement Stone story:

OWNERSHIP:
Who's responsible for this?

“When I _____ my own lane, a _____
life I'll attain.”

TOOL/FORMULA

E + R = O

↓ ↓ ↓

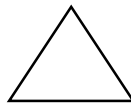
“We're not _____ our left brain; that's
logical.

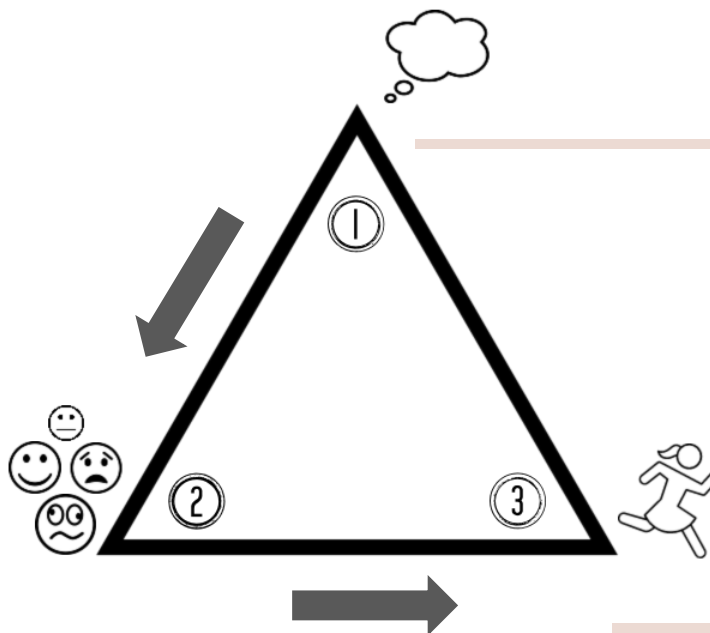
“We are _____ our right brain —
the emotional side.”

OWNERSHIP:
Who's responsible for this?

Slowing Down the Process

$$E + \begin{array}{c} \triangle \\ \times \\ R \end{array} = O$$

 "Delta" mean _____



OWNERSHIP:
Who's responsible for this?

Conclusion

“What could I have done differently? Both the _____ and the _____.”

“And when we do that, we will have the most _____ life!”

Insights, ideas, and notes...

WHAT'S NEXT?...

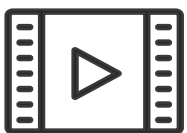
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[Optional] Complete the “Pause & Practice” page.

Lesson 4: Positive: How good do I want to feel?

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Print the lesson workbook.

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Begin when you are ready!