Get an Understanding - Responsibility

Taking responsibility when things go poorly is important, so is taking credit when you do well

This starts with something called attributions

1. *Attributions* = The reasons/causes given for why a person succeeds or fails that can affect
   a. Immediate emotional reactions (frustrated or excited)
   b. Actual behaviour (quit or keep going)
2. To what are we <u>attributing</u> success or failure --- The best performers in the world take responsibility when its good and bad – when its warranted….They:
   a. *Attribute their success to hard work NOT luck*
   b. *Take responsibility for their failures*
   c. *Understand that sometimes failures are not their fault …*
      i. *learn to be AWARE of this*
      ii. *control what they can control and let go of what they can't*
   d. *Take credit when credit is due when they win*
      i. *focus on what they did well*
      ii. *improve that which they do not do well*

We have 4 suggestions to start taking responsibility for your behavior
   1. ***Be Aware (see awareness module and worksheet)***
   2. ***Control what you can***
   3. ***Move on when you fail***
   4. ***Stay hopeful***

Apply it - Improve - Track

Activity 1 – Create a Responsibility Plan
1. Review some of the ideas we just covered that make a Responsible player
2. Choose a couple that resonate with you
3. Write goals to improve 2-3 of these to help you take responsibility
4. Review these goal   Practice and assess your Responsibility

Activity 2 – Practice and Assess Your Responsibility Plan
1. After each practice, determine how well you did with each of the goals
2. Rate and Review
   a. Rate yourself on a scale of 1-10 on how well you were aware, controlled what you could control, and took responsibility (when warranted)
   b. Write some notes on why it happened the way it did and what you can change or keep in your image to ensure a positive result next time