I Can't Blame These Anymore - It's My Choice

List below the people and situations you have been blaming for who you are, the choices you've made, the actions you've taken and the words you've said.

Now, in your own handwriting, write this out and sign it below:

"I realize know none of these people or situations can make me be anyone I don't want to be, or do anything I don't want to do, or choose anything I don't want to choose, or say anything I don't want to say. From this day forward, who I am, what I do, the choices I make and the words I say are my choice and I take full responsibility for them "

Signature: _____ Date: _____