

## Responsibility

What does it mean to be responsible? Should you take care of things you have been put in charge of? Would it be a good idea to make sure your loved one's basic needs are met? Do you think it would be great to nurture and grow your close relationships? Would it benefit you and others if you made sure your bills were paid, dog was fed and walked, homework was done and turned in, chores were finished and checked off, phone calls were returned, and necessary shopping was taken care of? What about yourself? Do you think it would be a fantastic idea to be responsible for your behavior, attitude, actions, personal care and hygiene, and emotions or moods? If you answered yes to all of the above questions then you are on a roll and you win the prize for paying attention.

Responsibility is all about taking care of the things you have been put in charge of and that includes yourself. If you started something that needs nurturing, it is important that you follow through on taking care of it and making sure it gets your attention and tender loving care. There are 4 characteristics that stand out in a responsible person. They are as follows: Independence, Motivated, Self-Starter, Active and Concerned. Let's take each one and break it down:

**Independence** – This is pretty much a person that does not have to depend on others all of the time, but is able to take care of themselves, support themselves, and feel secure without total dependence on another person. This does not mean you have no support or you shouldn't depend on others to get your needs met. It means you are responsible enough to take care of yourself if you are able to and independent enough to open your own doors. So express your independence now!

**Motivated** – People who are motivated are go-getters. They feel a burning desire inside to get things done, to move and take action even if things don't look good. When you get up in the morning if you are not motivated to get out of the bed you won't. Depressed people have no motivation so think of that as the opposite of motivation. If you are depressed you don't want to do anything and it drags you down. Motivated people want to get things done and they seek out ways to make sure whatever it is they need or want to do gets done. So find your motivation now!

**Self-starter** – If you are a self-starter you don't need to wait for anyone to tell you what to do or how to do it. You feel confident and secure in the fact that if you just start something or take care of business without being asked you will succeed or at least do a job that needs to be done. Self-starters are not afraid of challenges and they stare the fear of the unknown in the face so they can get things done. So get started now!

**Active** – An active person is always on the go and ready to take action when action needs to be taken. To be active you have to be responsible enough to know you have to do something to get what you want instead of waiting around for things to come to you. We create the life we want to live and the only way you can do that is by being active, not

sitting around for things to drop in your lap or magically arrive at your doorstep. So, take action now!

**Concerned** – This is basically about caring for yourself, things you are responsible for and other people in your life. It means to have a heart of compassion and understanding with the intent to take care of something that needs to be taken care of. If you are concerned about helping someone, taking care of your own needs, or finishing a project that needs to get done you will make sure it happens no matter what. So, show your concerned now!

So, there you have it, the five characteristics of Responsibility. Take some time to think about all of the things or people in your life that you are responsible for. Put on an attitude of maturity and be responsible and really take care of what needs to be taken care of. Get it done by being motivated, independent, a self-starter, active and concerned and you have just made yourself a responsible person. And this my fellow listeners will take you to the next level of high self-esteem and a great attitude.

THE MOMENT YOU TAKE  
**RESPONSIBILITY**  
FOR EVERYTHING  
IN YOUR LIFE IS THE MOMENT  
**YOU CAN CHANGE**  
ANYTHING IN YOUR LIFE.

-HAL ELROD (YOPALHAL.COM)

I believe that we are solely  
**responsible** for our  
choices, and we have to  
accept the consequences  
of every deed, word, and  
thought throughout our  
lifetime.

- Elisabeth Kubler-Ross