

# Wroten & Associates

## May 2013 Leadership Insight

### Personal and Professional Accountability

**"A sign of wisdom and maturity is when you come to terms with the realization that your decisions cause your rewards and consequences. You are responsible for your life, and your ultimate success depends on the choices you make." -- Denis Waitley, Author and Coach**

Being accountable doesn't mean that we have total control over our lives, but by accepting personal and professional responsibility for our choices and actions we begin to feel effective and more in control of our lives. Holding yourself accountable in all aspects of your life is about following through with your commitments and responsibilities.

People avoid responsibility for a variety of reasons ranging from fear of failure, fear of rejection, laziness, or feeling overwhelmed by the scale of the problem or situation. As a result many people redirect responsibility for their choices and actions by blaming others or circumstances for their problems. Playing the blame game unfortunately, occurs all too often, and is a self-defeating behavior.

If you want to advance your life personally and professionally you must hold yourself accountable for your actions, responsibilities and goals. There are many ways to do this including the way in which you communicate with others, your behavior and manners, the consideration and respect you show others, the way you respond to challenges, and admitting when you are wrong and taking the appropriate measures to correct the situation. In addition, accountability includes the timely return of calls and emails, showing up on time for business and personal appointments, and honoring your commitments.

When you accept full responsibility in holding yourself accountable countless opportunities will open up for you. Your work performance will improve, your relationships will flourish, your self-esteem will soar, others' respect for you will increase, and by accepting responsibility for your actions and choices you will distinguish yourself from the crowd.

Think long and hard about taking full responsibility for your choices and actions. This is your life! Step up, take control and be accountable!!!

**Wishing you a responsible and insightful month!**

**Positively provided to you by: Wroten and Associates and Marilynn W. Allemann, LCSW, CPC**

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