

# Power of Responsibility

Take 100% Responsibility For Your Results and  
Improve Your Power To Achieve

NORTHERN ALBERTA CHAPTER

PMINAC <sup>20</sup><sub>18</sub>  
**CONFERENCE**  
Be Bold. Be Moved. Be the Change.

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# Responsibility

Responsibility is the power to choose how you will \_\_\_\_\_ and act.

Responsibility is the ability to \_\_\_\_\_ your response.

## Self Assessment

- If only more people were like me!
- I wish people would treat me more fairly!
- That's not my problem!
- That's too hard or impossible!
- I don't care what others think!
- I don't waste energy on things I can't control.
- If I didn't have to work with other people, my job would be great!
- I'll just wait for the right time to speak up or ask for a raise.
- It seems like I have to do everything myself If I want it done well.
- My speaking and presentation skills are poor. I don't see why I need to be good at those anyway!
- I would just prefer to stay in my office and get lean and get more agile at scrum. (Play with apps, process or spreadsheets.)



# Self Assessment

- If only others could complete their tasks on time!
- If only my spouse were more....less....etc.
- If my kids would only do what I say.
- If I could just get a better job.
- Taking initiative is risky.
- I don't get paid enough to do that!
- I am scared to do something new.
- If only I didn't have so much to lose, I wouldn't be afraid to fail.
- If people would only recognize my brilliance.
- Others don't understand my management style.
- I don't have time to worry about that.
- I have no control over my life and schedule.
- Why do other PMP's get all the good jobs.
- I just need to be honest, all this touchy feely and positive crap just makes me cranky.
- Why can't people just be realistic like me? I only come to these meetings and keynotes to get my required continuing education and to get out of the office.
- This is just the way I am, get over it!
- I can't do that.
- It's not my job.
- If only my boss were better....more patient....etc.
- I have to....(others are forcing me.)
- That is not the way we do it around here!
- We did that once and it didn't work.
- If I only had more time for myself.
- That's never worked in the past!
- I wish my lean efforts were more phat!

# PM Super Hero's

Even the best PM's get overwhelmed from time to time. Describe what causes you to be overwhelmed and what skills would help you in those situations?

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## Who is to Blame?

What are some reasons we blame?

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How does blame impact responsibility?

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## 5 Suggestions for Taking Responsibility

- 1.
- 2.
- 3.
- 4.
- 5.



# #1 Power in Purpose

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## Identify What You Value

1.

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2.

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Dr. Daniel Amen who is a brain disorder specialist says, "We harness our brain's \_\_\_\_\_ when we give it direction and vision.

As you look back at your days and weeks and you have made time for the most important things in your life, you will have a sense of \_\_\_\_\_ as you exercise more power and \_\_\_\_\_ over your life.



# # 2 Be the Cause, 90/10 Principle

\_\_\_\_\_ % of life is made up of what happens to you.

\_\_\_\_\_ % of life is decided by how you react.

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## Choose Responsibility No Matter What

Where have I been avoiding responsibility?

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## Cause & Effect

When do I go into effect? Identify things that cause you to be frustrated, angry, or upset.

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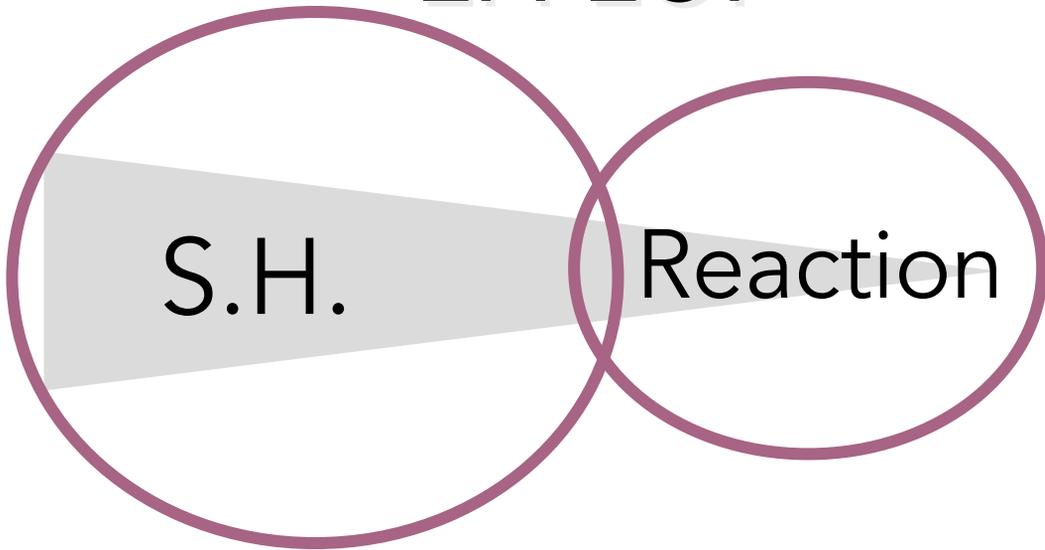
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How will I be more "at cause"?

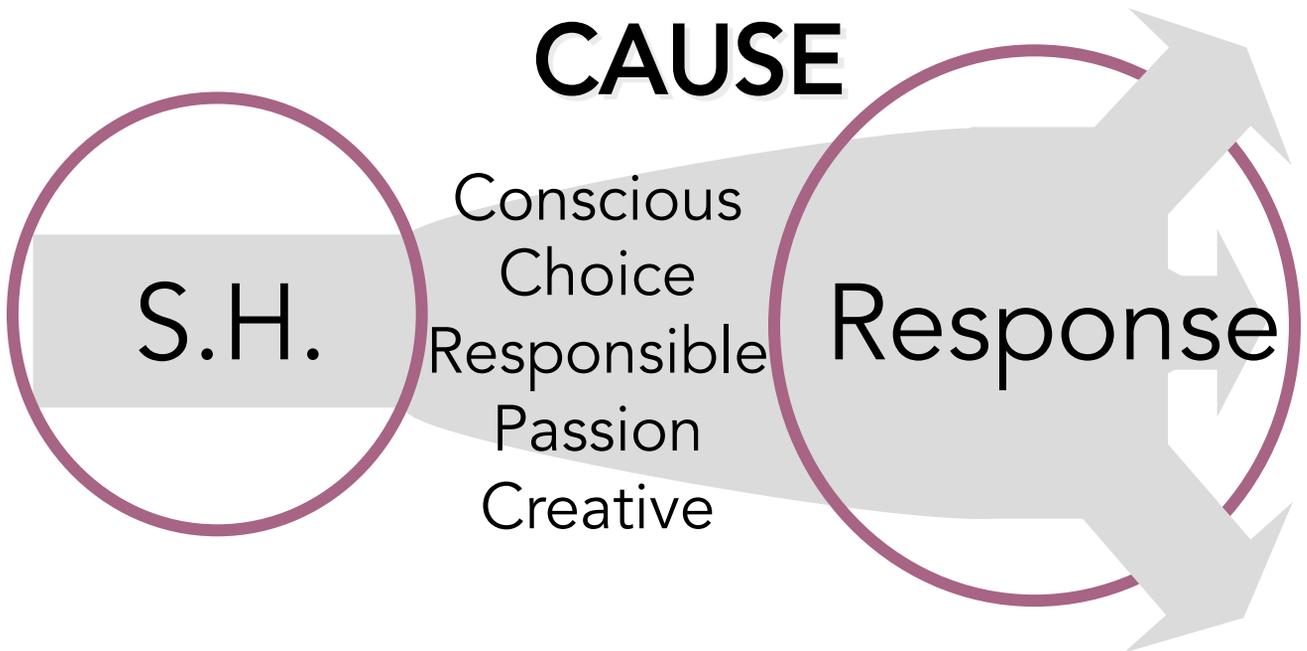
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# EFFECT

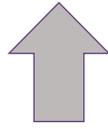


# CAUSE

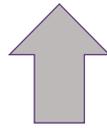


# PERSONAL POWER MODEL

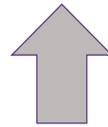
Outcomes & Results



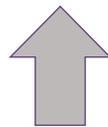
Actions & Behaviors



Attitudes, Feelings & Emotions



Thoughts & Self-Talk



(S.H.) Something Happens/  
Situation



## # 3 Fail Forward

How are mistakes beneficial?

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## #4 Learn Up

Where can I learn how do be more effective? Who has the skills I desire to learn? Am I teachable

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## #5 Choose Thoughts Wisely

What does it mean, "thoughts are things"?

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## What Will I Apply...

To improve my skills and transform my job to a calling?

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To take greater advantage of my PMI membership?

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# Quotes

*"It's what you learn after you know it all that counts."*

~ John Wooden

*"Your thoughts are the architects of your destiny."*

~ David O. McKay

*"The illiterate of the future are not those who can't read and write but those who cannot learn, unlearn, and relearn."*

~ Alvin Toffler

*"When we can no longer change the situation we are challenged to change ourselves."*

~ Viktor Frankl

*"The last of the human freedoms, the ability to choose one's attitude in any given set of circumstances, the ability to choose one's own way."*

~ Viktor Frankl

*"Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom."*

~ Viktor Frankl

*"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."*

~ Thomas Jefferson

*"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."*

~ Thomas Jefferson

*Our happiness has less to do with how much actual control we have and more to do with how much control we think we have. (Internal locus of control)*

*"The problems we face today cannot be solved by the same level of thinking we were at when we created them."*

~ Albert Einstein



# Extra's

- I am interested in conducting a Team Diagnostic™ of my organization
- I would like to learn more about a 360 analysis to get an accurate reading on well I am taking responsibility and how I am showing up as a leader
- I am interested in a comprehensive leadership and communication survey and analysis.
- I am interested in receiving a complimentary copy of Speakers on Life e-Book which includes some of Spencer stories and articles from Jack Canfield, Brian Tracy, Les Brown and more
- I would like more information about how Spencer Horn Solutions can help our organization
- I am interested in your weekly *Elevate Your Leadership* webinar. This webinar is part of our effort to help you achieve desired results by elevating your ability to inspire change, to develop a powerful culture, effective communication, engagement and sustainable productivity.

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