**EACH OF US MUST TAKE RESPONSIBILITY FOR OUR ACTIONS, OUR WELL BEING, AND THE ATTAINMENT OF OUR MAXIMUM POTENTIAL**

* Take ownership of your life
* Anything is possible
* You have greatness within you
* The 40/40 plan is dead, nothing stays the same
* Don’t moan and groan… choose to grow!
* Nobody is holding a gun to our heads, don’t make agreement with mediocrity
* Wherever you find yourself, at some time you made an appointment to be there
* Make decisions to change, and take responsibility for those actions and your outcomes
* Challenge yourself and raise the bar of your own personal standards
* Do what you know, not what you feel. Don’t be ruled by your emotions
* What is your game plan? Dead people don’t reach their goals
* “I demand more of myself than anyone can ever imagine” ~ Dr. J (Julius Irving)

Lesson Questions:

* Explain why you are responsible for your current results:

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* How may you be resisting your own growth?

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* The first step that I’m going to take in raising my personal standards is:

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