

Mastering

MENTAL TOUGHNESS

RESILIENCE SHIFT
COMPANION

Self-Belief and Taking
Ownership of My Life

"In the long run, we shape our lives, and we shape ourselves... and the choices we make are ultimately our own responsibility."

Eleanor Roosevelt

The logo consists of the letters 'MNT' written in a stylized, cursive red font.

MASTERING MENTAL TOUGHNESS

SELF-REFLECTION QUESTIONS

In what areas of my life do I feel stuck, and how might I be giving away responsibility in those areas?

Where do I tend to blame external circumstances instead of looking at my own role or response?

What beliefs do I hold about my ability to influence or change my current situation?

What is one area where I could take more ownership of my decisions, actions, or outcomes?

If I fully believed I had the ability to shape my life, what would I do differently right now?

Where am I waiting for something or someone else before taking action?

What is one response I can choose today that reflects responsibility, growth, and self-belief?

More space to write on the next page should you need it.

RECLAIMING MY RESPONSES

Choose one current challenge or situation in your life.

Now ask: “What are my possible responses here?”

Write down a few options - not just the easiest, but the most aligned. This helps shift you out of reactivity and into conscious choice - to being response-able.

MOVING FROM AWARENESS TO ACTION

Now identify:

What is one action I can take that reflects ownership of this situation?

It might be:

- Having a conversation you've been avoiding
- Making a decision you've been postponing
- Changing a habit or pattern
- Setting a direction instead of staying uncertain
- Taking a small but meaningful step forward

Remember: ownership is not about perfection - it's about participation in your own life, and once you let go of aiming for perfection, and fully participate, life becomes much more joyful, fulfilling, and sustainable!

PRACTISING RESPONSE-ABILITY

Throughout your day, when something happens that may potentially throw you, pause and ask:

How do I choose to respond to this? (Choosing is key.)

Not react.

Not avoid.

But respond - with awareness and intention.

This simple pause creates space between what happens - and how you engage with it. And in that space lies your power. It feels amazing to be able to step into your inner power!

A LETTER TO MYSELF

Take a quiet moment to write a letter to yourself from a place of encouragement, accountability, and belief.

You might begin:

“Dear Me
I am learning to take responsibility for my life in a new way...”

Acknowledge:

- Where you have felt stuck or powerless
- Where you may have avoided responsibility or delayed decisions
- The challenges you’ve faced along the way

Then gently reinforce:

- You are capable of making choices that move you forward
- You have the ability to respond, adapt, and grow
- You are not defined by what happens, but by how you choose to engage with it

You might write:

“I trust you to take ownership of your path. I will support you as you step forward, one decision at a time.”

Return to this letter whenever you feel stuck, uncertain, or hesitant.

DAILY RITUAL OF OWNERSHIP AND SELF-BELIEF

Each day, take a moment to check in with yourself.

Pause, breathe, and ask:

Where in my life can I take ownership today?

Then:

What is one response I can choose that aligns with who I'm becoming?

This might include:

- Making a clear decision
- Taking action instead of overthinking
- Following through on something you committed to
- Taking responsibility for your time, energy, or direction
- Choosing a response that reflects your values rather than your fears

At the end of the day, reflect:

Did I show up as someone who takes ownership of her life today?

Over time, this practice builds something powerful:

A deeper sense of agency.

A stronger belief in your ability to influence your life.

And a growing confidence that you are not just experiencing life - you are actively participating in it.

