



Taking Responsibility for Our Choices

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Here's a simple concept that we somehow manage to lose in the turmoil of our daily lives: We are what we are today because of the choices we made yesterday. To shape a different future, we must stop blaming and start taking responsibility for our choices, particularly those concerning our health. We can make choices today that will give us a better tomorrow.

Have you ever looked in the mirror and thought, "These pants make me look fat?" Isn't it odd that when we're not happy with our physique we blame our clothes? Stripes, bright colors, and large patterns give a slight illusion of more size, but they are not responsible for our girth. If we look overweight, it's because we are. Changing our clothes won't change that fact, but taking responsibility will.

The word responsibility is a combination of two words: Response and Ability. So, taking responsibility gives us the ability to choose responses that lead to positive changes in our lives. We can choose to eat more fruits and vegetables instead of processed foods, drink more water instead of soda, exercise instead of sitting in front of the TV, and control our food portions instead of super-sizing them.

When we stop blaming and start taking responsibility, we set in motion the mechanisms for obtaining the body of our dreams, and a healthier and happier life. Let's stop complaining and making excuses. Let's not blame our clothes, genetics, metabolism, age, profession, the mirror, or finances. All of these things, along with health issues, can present challenges. But, complaining, making excuses, and blaming keeps us living in the past. When we assume responsibility, we move forward.

Any kind of change can be hard. But, changing our thought patterns from blaming to taking responsibility can be especially challenging. To change our present, we often have to let go of our past. We have to forget about the times when we chose to binge because we were upset, hurt, angry, or depressed. By contrast, a clear vision of the future we desire will positively affect our present choices and behaviors. If we commit to letting our daily choices and actions be governed by our plan for the future, we will be well on our way to achieving our dreams. The past does not define us; the present does.

The concept of taking responsibility for our choices is simple and powerful. It allows us to choose to be something different tomorrow.

Reference: Healthcentral.com 2008; JillianMichaels.com 2009