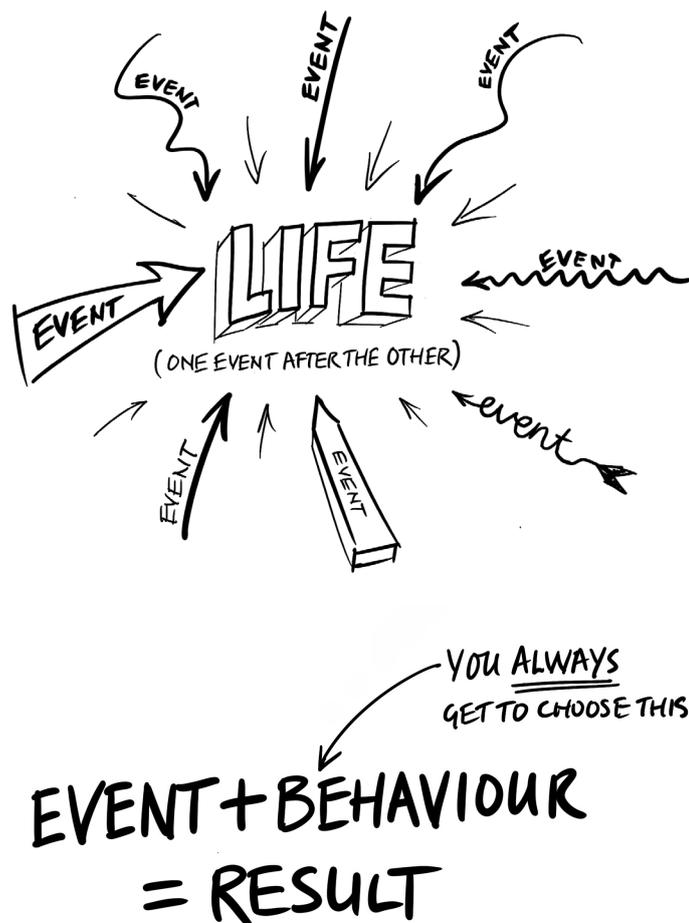


MY BEHAVIOUR

Introduction and Model:

Life is a series of events. We have little control over these events, sometimes none. How we respond through our behaviour in terms of what we do and what we say, is always our choice. We get our results from life based on the behaviours we choose in response to life's events.



We often hear people say 'Yes but they made me so angry!' or 'Yes but they made me so upset!'. This may be hard to hear but no one else can make you feel anything. No one else is in control of what you say or what you do apart from you. Knowing this equation is life changing as you can choose to take 100% ownership for your behaviour, try out different behaviours in response to different life events and notice how your results change.

Additional Information:

Not totally convinced you always have a choice in terms of how you behave? Or that behaviour affects results that much?

Have a read of the examples below.

Event	Behaviour Choice	Result
Miss bus by seconds	Swear loudly. Shout at driver. Kick the bus stop. Fume whilst huffing and puffing waiting for the next one.	Feelings of stress and anger. Brain flooded with negative chemicals. Physically in pain from stubbed toe. Physically and mentally set bad mood for the day.
Versus		
Miss bus by seconds	Accept it has happened. Smile. Wait for the next one whilst using the time to listen to your favourite music or chat to the old lady next to you who seems lonely or walk and get your daily exercise.	Feelings of calmness and acceptance. Brain flooded with positive chemicals (from doing favourite music or a good deed for someone else or endorphins released through exercise). Physically and mentally set good mood for the day.

Swearing is a behavioural choice. Smiling is a behavioural choice. No event or person makes you do either of those things – only you. Each of these behaviours has a very different impact on our brains, on our bodies and on the results we get, as do all the other behaviours you choose in response to life's events.

A Final Thought....

Choosing how we respond to any event is our ultimate human power. If we think how we behave is at the mercy of external events then we will never feel secure or resilient – always scared and trying to protect ourselves against those negative external events. When we know we can choose how we respond to any event we feel stronger, more able to enjoy the journey of life – which is after all, just one event after the other.