

# OWNING YOUR LIFE

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1. What have YOU done to end up where you are? (make a list)
2. What did YOU do in your childhood to get here?
3. What did YOU do in your young adulthood to get here?
4. What did YOU do in your relationships to get the results you have?



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5. Who do you currently blame in your life? Why?

6. What do you currently blame in your life? Why?

7. If you owned all the things that have happened in your life, what would that mean for you? Would anything feel different?

