



Tuesday's Promise: Accountability

Bởi:

Joe Tye

“Refuse to blame anyone for anything. Accept complete responsibility for your life and everything in it that you can do something about... Criticizing and blaming others actually lowers your own self-esteem and reinforces your own feelings of guilt and inferiority.”

Brian Tracy: *Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed*

On Tuesday, you promise to hold yourself accountable – not just for meeting your obligations, but for fulfilling your true potential. In his book *The War of Art* Steve Pressfield describes Resistance (he capitalizes the word to denote that it is a real and visceral presence, like cancer or a great white shark) as the inner accumulation of fears and doubts that blocks us from expressing our creativity. “The more important a call or action is to our soul’s evolution,” he says, “the more Resistance we will feel toward pursuing it.”

The key to conquering Resistance is internalizing and operationalizing Tuesday’s Promise. Pressfield says that Resistance is like cancer. It’s a fight to the death, and every time you let it beat you, a little part of your soul dies.