



DEBRA KASOWSKI
INTERNATIONAL
EXECUTIVE COACHING & CONSULTING

Take 100% Responsibility

Stop Complaining, Making Excuses, and Blaming Others – OWN IT!

- Begin by asking yourself questions about a situation: What part did I play in this? What could I have done to change the outcome? What could I do differently in the future?
- Avoid comparing yourself to others. Focus on improving yourself and showing up as your “BEST” self every day.
- Focus on discovering solutions and look for the opportunities. What can you do about it?
- Choose to be responsive to a situation versus reactive. You will make better decisions when you think before acting.
- Surround yourself with people who are accountable for their actions. You become like the people who you surround yourself with.
- Be willing to take action on what you want to achieve. Speak up if you need to, make a request, or try something new. Remember if you do what you have always done – you’ll get the same results.

PEOPLE PASSION PRODUCTIVITY PERFORMANCE PROFITS

 780-819-3891  Debra@debrakasowski.com  www.debrakasowski.com