

Excerpt From The Traveler's Gift: Seven Decisions That Determine Personal Success
by Andy Andrews

The Buck Stops Here

From this moment forward, I will accept responsibility for my past. I understand that the beginning of wisdom is to accept the responsibility for my own problems and that by accepting responsibility for my past, I free myself to move into a bigger, brighter future of my own choosing.

Never again will I blame anyone else for my present situation. Neither my genetics or the circumstantial ebb and flow of everyday life will affect my future in a negative way. If I allow myself to blame these uncontrollable forces for my lack of success, I will be forever caught in a web of the past. I will look forward. I will not let my history control my destiny.

The buck stops here. I accept responsibility for my past. I am responsible for my success. I am where I am today - mentally, physically, spiritually, emotionally, and financially - because of decisions I have made. My decisions have always been governed by my thinking. Therefore, I am where I am because of how I think. Today I will begin the process of changing where I am by changing the way I think.

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My thoughts will be constructive, never destructive. My mind will live in the solutions of the future. It will not dwell in the problems of the past. I will seek the association of those who are working and striving to bring about positive changes in the world. I will never seek comfort by associating with those who have decided to be comfortable.

When faced with the opportunity to make a decision, I will make one. I understand that God did not put in me the ability to always make right decisions. He did, however, put in me the ability to make a decision and then make it right. The rise and fall of my emotional tide will not deter me from my course. When I make a decision, I will stand behind it. My energy will go into making the decision. I will waste none on second thoughts. My life will not be an apology. It will be a statement.

The buck stops here. I control my thoughts. I control my emotions. In the future when I am tempted to ask the question "Why me?" I will immediately counter with the answer: "Why not me?" Challenges are gifts, opportunities to learn. Problems are the common thread running through the lives of great men and women. In times of adversity, I will not have a problem to deal with; I will have a choice to make. My thoughts will be clear. I will make the right choice. Adversity is preparation for greatness. I will accept this preparation. I will be prepared for something great! I accept responsibility for my past. I control my thoughts. I control my emotions. I am responsible for my success. ...The buck stops here.