

## Day 3: stop playing the "blame game"

Hi Dr. Wasit Prombutr,

I've got a great gift to share with you today – but first:

How did [yesterday's](#) homework go?

If you completed the "Transform Your Excuses into Actions" worksheet, congratulations!

You now have a list of **concrete actions** you can take to create the change you most want to see in your life.

If you experienced any challenges completing this exercise, don't worry – you're not alone.

It can be extremely difficult to let go of excuses you have spent a lifetime nurturing.

... especially when those excuses involve other people or events that are beyond your control.

DO YOU FEEL LIKE YOU'RE A VICTIM OF CIRCUMSTANCE?

Maybe you had a tough upbringing, with parents who didn't teach you the lessons you needed to learn to create a successful life.

Maybe your spouse has been holding you back by dismissing your ambitions or attacking your self-esteem.

Or maybe government cuts or lay-offs resulted in the loss of your job, business or career.

If you have experienced any of these situations in your life, I feel for you.

But the time has come to let them go.

IT'S TIME TO STOP PLAYING "THE BLAME GAME"

The only thing you truly have control over in this life is YOU.

And the sooner you stop wasting energy on blaming other people or events for your circumstances, the sooner you can reclaim that control and create the life you truly want.

Blame can be a hard thing to let go of – but understand how much power you’re giving to the people or events you’re blaming.

You’re letting THEM prevent you from moving forward.

Is that what you want?

To help you regain total control over your life, here’s that gift I promised:

A free 40-minute video that will teach you how to stop playing the blame game once and for all.

### **TRANSFORMATION ACTIVITY 3**

1. Watch my 40-minute video titled, “Liberate Yourself from the Blame Game.”



You can also find it here:

[YOUR TRANSFORMATION LAUNCH PAD](#)

2. Create a list of 5-10 blaming behaviors you are going to eliminate from your life from this point forward. (E.g., “I’m no longer going to blame my parents for my lack of

success in life.”)

3. Create a list of NEW behaviors you are going to use to reclaim total power over your own life. (E.g., “Whenever I feel resentment towards my parents, I’m going to consciously practice love and gratitude instead.”)

4. Go to my Facebook page at: [facebook.com/jackcanfieldfan](https://facebook.com/jackcanfieldfan) and share one or more of your NEW behaviors with our community.

This last step is especially powerful... when you share your intentions with a supportive community, you are far more likely to make them a reality.

Have a great day – I hope you find the video helpful. It’s life-changing stuff.

Dedicated to your success,



Jack Canfield  
CEO, The Canfield Training Group



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# The Success Principles

## 10-DAY Transformation



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## Stop Playing the Blame Game

**It's time to stop playing the "blame game".**

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And the sooner you stop wasting energy on blaming other people or events for your circumstances, the sooner you can reclaim that control and create the life you truly want.

Blame can be a hard thing to let go of – but understand how much power you're giving to the people or events you're blaming. You're letting THEM prevent you from moving forward.

Is that what you want?

To help you regain total control over your life, here's your next assignment (it's life-changing stuff)...

## Transformation Activity #3

**Step 1:** Watch my 40-minute video titled, "**Liberate Yourself from the Blame Game.**"

**Step 2:** Create a list of 5-10 blaming behaviors you are going to eliminate from your life from this point forward. (E.g., *"I'm no longer going to blame my parents for my lack of success in life."*)

**Step 3:** Create a list of NEW behaviors you are going to use to reclaim total power over your own life. (E.g., *"Whenever I feel resentment towards my parents, I'm going to consciously practice love and gratitude instead."*)

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- See more at: <http://jackcanfield.com/launchpad-day-3/#sthash.RX8XLLDI.dpuf>