

The Three Forces

An excerpt from Jay Fiset's book,
Reframe Your Blame: How to be Personally Accountable

presented by

**Personal Best
Seminars**

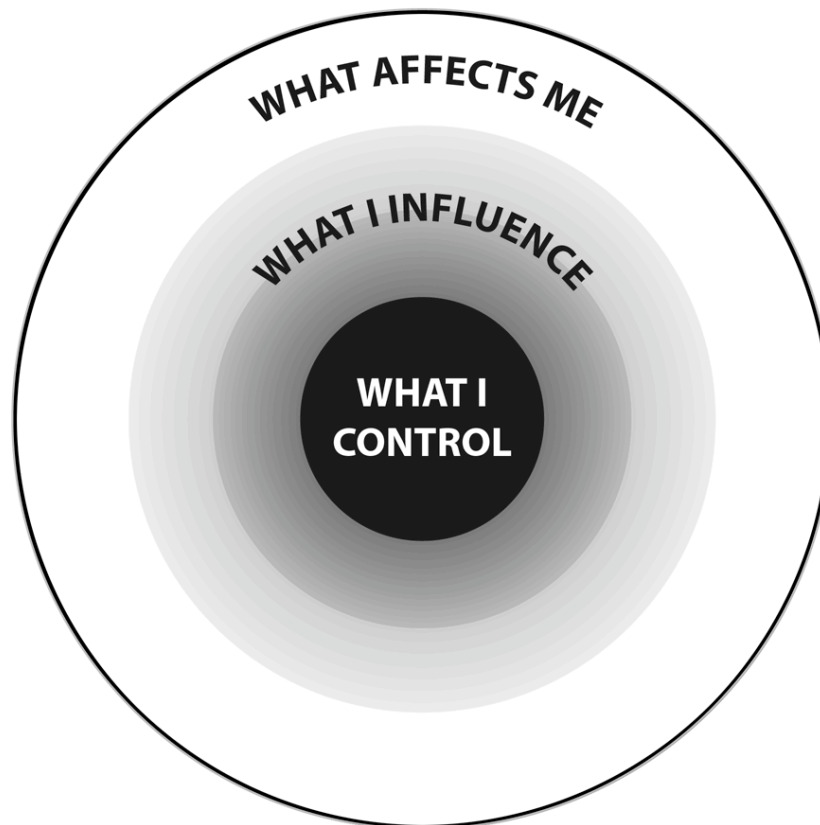
Support material and exercise for
Episode One of the Accountable Conversations radio program.

The Three Forces

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In large part, Personal Accountability is about learning how to consciously direct your thoughts and your creative energy to move you forward in your life. To do this, you must understand the three forces that create results and experiences:

- The forces you can control
- The forces you can influence
- The forces that affect you



The Three Forces

What Affects Me

Laws of physics, the price of commodities, others' choices and behaviors. Literally millions of forces.

What I Influence

Everything and everyone I come into contact with in varying degrees, based on relationships, interest, effort, and willingness of all involved.

What I Control

My thoughts, feelings, and actions.

In the interview with Jay, Jack Canfield shared a variety of stories about his initial efforts to get Chicken Soup for the Soul published. Do the following exercise to understand how he applied the *Three Forces* concept in his own life.

What *AFFECTING* forces did Jack face when first trying to publish his book?

What was Jack able to *INFLUENCE*? Give some examples of how he did that.

What was Jack able to *CONTROL*?

It's often easier to understand this concept by first applying it to those that are in your life. So often, we can observe how *others* are putting their energy to try to *CONTROL* factors over which they either only have *INFLUENCE* or have no influence whatsoever.

Think of someone close to you in your life.

In what areas do they try to *CONTROL* something they only have *INFLUENCE* over?

In what areas do they try to *CONTROL* something which they are completely *AT AFFECT*?

Estimate, in percentage, what amount of their energy goes towards trying to exert *CONTROL* over those things that they have no *CONTROL* over.

_____ %

Now that you understand and can apply the concept of the *Three Forces*, apply it in the place where it is most valuable—your own life. Be cautioned, however, that many people are incredibly vague when first visiting this concept. Make sure that you answer the questions below as honestly and with as much detail as you can.

Pick a life area in which you would like to get different results. It could be family, relationships, career, finances, physical health...any life area. Write that life area on the line below.

_____ In this life area:

What are some factors that AFFECT you, over which you try to gain control?

What are some factors that you attempt to CONTROL, even though you only have INFLUENCE?

What can you actually CONTROL?

Estimate, in percentage, what amount of YOUR energy goes towards trying to exert CONTROL over those things over which YOU have no CONTROL.

_____ %

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The *Three Forces* diagram and concept above is an excerpt from Reframe Your Blame: How to be Personally Accountable, by Jay Fiset. To learn more about the book or to purchase a copy, please visit <http://www.reframeyourblame.com/buy-book.php>.

This resource was provided by Personal Best Seminars in support of the Accountable Conversations radio program, hosted by Jay Fiset.

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