

#39 – THE OUTCOME OWNERSHIP SHEET

Five questions to help you take ownership of the outcomes you create – and redirect the ones you don't want.

Ownership is not fault.

It's empowerment.

It's the moment you realize:

“I created this – which means I can create something else.”

This guide brings the cause → effect math into full conscious awareness.

1. What outcome am I currently experiencing – emotionally, physically, financially, or relationally?

Be specific.

The more honest you are the clearer the cause is to avoid it next time.

Your thoughts: _____

2. What choice(s) did I make that contributed to this outcome?

Not blame.

Not self-attack.

Just data.

Your thoughts: _____

3. What part of this outcome was predictable based on my past patterns?

Surprise disappears when you see the math.

Patterns always leave breadcrumbs.

Your thoughts: _____

4. What new choice could shift this outcome in a different direction?

Outcomes change when choices change.

Every small shift counts.

Your thoughts: _____

5. What commitment can I make to myself today that guarantees a better outcome tomorrow?

No perfection.

Just alignment.

Your thoughts: _____

FINAL REMINDER:

Outcomes aren't punishments –
they're equations.

You're not powerless.

You're the architect.

Own the blueprint,
and you own the result.