



HABIT 2 – WE TAKE RESPONSIBILITY. WE PLAY ABOVE THE LINE.

Our second Habit of Transformational Leadership shows us that we acknowledge that we control our own journeys and our **OPTAVIA** businesses. We have the power to shape our destiny and create a life of greater momentum and potential financial freedom*. With that power, we also realize that we lead our personal and business transformations, they don't lead us.

As Leaders, we see there is a very fine line between ordinary and extraordinary†. Above that line are ownership, action, and reality. Below that line are excuses, blame, and helplessness. There is a universal human paradigm that we can all fall into, and that is: "things should be a certain way and when they are not that way there is something wrong with you, me, them, or it." We feel like we should "fix" something when it is "wrong," and when it is "wrong," we become frustrated.

When you come from an **OPTAVIA** Leader paradigm, you realize that things happen. And that - they just happened, not your interpretation of what happened. You also realize that something is missing - if it wasn't missing the thing wouldn't have happened. Your next step is what's next - where do we go from here? As **OPTAVIA** Leaders, we shift our perspective so that we can create what we do want, rather than focus energy and attention on what we don't.

As we become more successful, more challenges will occur - turbulence is unavoidable. No one is perfect all of the time, so as Leaders, we learn to become aware and recognize when we are triggered to go below the line and then mindfully rise above to be our best. We choose to respond and put our energy into a way that moves things forward, rather than reacting to "what went wrong" and getting mired in unproductive drama.

Let's look through the lens of the two possible paradigms:

- A. Universal human paradigm: What's wrong? Who's to blame? How do we fix it?
- B. **OPTAVIA** Leader paradigm: What happened? What was missing? What's next?

For this exercise‡, let's identify a situation where there was a significant issue in which you responded in paradigm A. Describe it in a few sentences:

***OPTAVIA** makes no guarantee of financial success. Success with **OPTAVIA** results only from successful sales efforts, which require hard work, diligence, skill, persistence, competence, and leadership. Your success will depend upon how well you exercise these qualities. Please see the **OPTAVIA** Income Disclosure Statement bitly.com/idsOPTAVIA for statistics on actual earnings of Coaches.

†From The Oz Principle, by Connors, Smith, & Hickman.

‡Habit exercises modeled from the work of Helen Urwin and Xanobia.

**Now, shift that to paradigm B. Re-frame the situation through “What happened?
What was missing? What’s next?”**

What happened?

What’s missing?

What’s next?

If the same scenario were to happen again, how would you respond differently?

**Rise above the circumstances and
do what you can to move forward**

-Helen Urwin
