

Building Wellness – ACCEPT RESPONSIBILITY

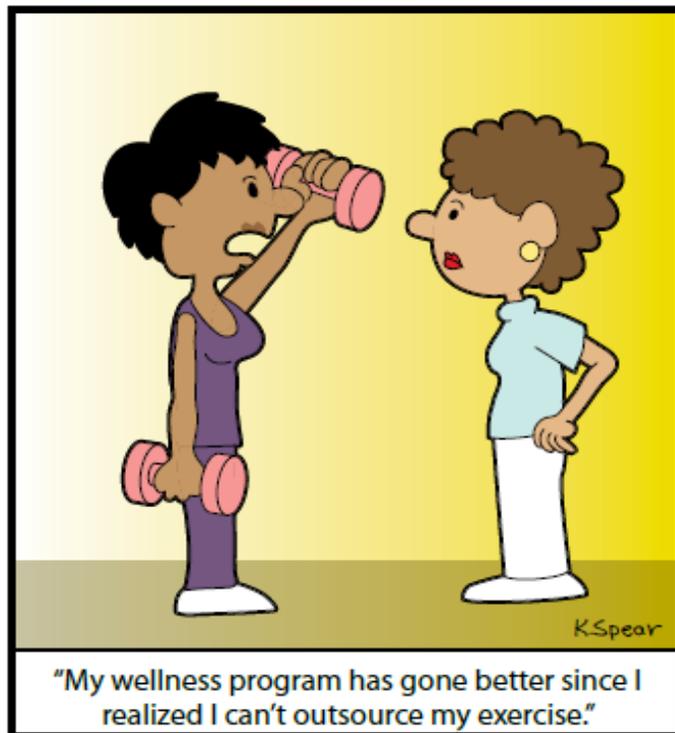
“The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.” ~ Albert Ellis

Accepting responsibility for our health is the first and most important principle of prevention.

Our personal health and wellness come mostly from within, so I recommend not participating in the blame game. Remember that whenever you point your index finger away from yourself, there are three fingers pointing right back at you.

Don't make the mistake of considering yourself a victim when it comes to your wellness. Certainly, I recognize that there are some risk factors over which you have no control. But it's very important to acknowledge that most of the time, our health and wellness are the caboose of our personal choices. It's important for me to understand that my health and wellness are a product of my choices. In taking personal responsibility for our health, we shouldn't just follow the instructions of others blindly.

You need to do your own homework, and based on your personal study, you need to ultimately make decisions and choices for yourself. Accepting responsibility for your health is the starting point, and maybe the most important fundamental of wellness. You are the CEO of your personal wellness. Your goal is to take complete charge of your better health from this moment forward.



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