

TEN GUIDELINES FOR LIVING A BLAME-FREE LIFE

1. Invest your energy wisely in what really pays off in creativity and innovation: acceptance, appreciation, discovery.

Blame is an energy drain that limits our thinking.

2. Be in the present where you can focus on what to do now.

Blame keeps you in a past—it's already over!

3. Expanded states of wonder and curiosity create energy and power.

Blaming other people, yourself, or anything else (e.g. the government, corporations, the other political party, the weather) leads to contraction.

4. Open your focus and take in all that you appreciate and what is possible.

Blame takes you into narrow focus where all you can see is what's wrong.

5. Take the path into co-creativity—where everybody wins.

Blame sets up the conversation for a winner and a loser.

6. Commit to living from creative brain and its infinite resources.

Blame comes from Reactive Brain and keeps us in Reactive Brain.

7. Connect with others, with your own inner resources, and with creativity by shifting out of reactive brain and into creative brain, where everything is possible.

Blame separates us.

8. Shifting out of blame creates ongoing connection to others and yourself, leads to new discoveries, and generates a flow of vitality.

All that blame has to give is a temporary shot of adrenaline (which ultimately drains us).

9. Finding what is unarguable (your sensations, your emotions, and what you really want) leads to the real, underlying issues and their solutions.

Blame can always be argued with, so leads right into conflict.

10. Healthy responsibility leads to choosing enlivening actions that support an expansive life.

Blame leads to stress, contraction, and conflict.