

The Weatherman and The Rainmaker

Which Role are You Playing Right Now?

Our roles are not the same as our personality. I want to make this clear, because roles (along with mindsets) are malleable and changeable much more easily than personality traits. Just because we find ourselves playing a certain role (even unconsciously), it does not mean we are doomed to play that part forever. Seeing it is the first step to being able to make a shift.

WEATHERMAN

(Victim Role)

Common Beliefs:
The future is inevitable and tied to past events.

Life has it's set trajectory and I can't influence that.

"Life is happening to me."

RAINMAKER

(Creator Role)

Common Beliefs:
The present moment is inevitable, AND also filled with potential. The future is tied to my actions in this present moment.

"Life is how I create it to be."

Responsibility = The Ability to Respond

One of the greatest shifts that takes place with children is when they come to the awareness that their actions have an impact on the world around them. I see this same shift happen in adults who re-discover their own impact – who remember that they have the ability to respond and interact with life.

"How do I choose to respond in this moment?"

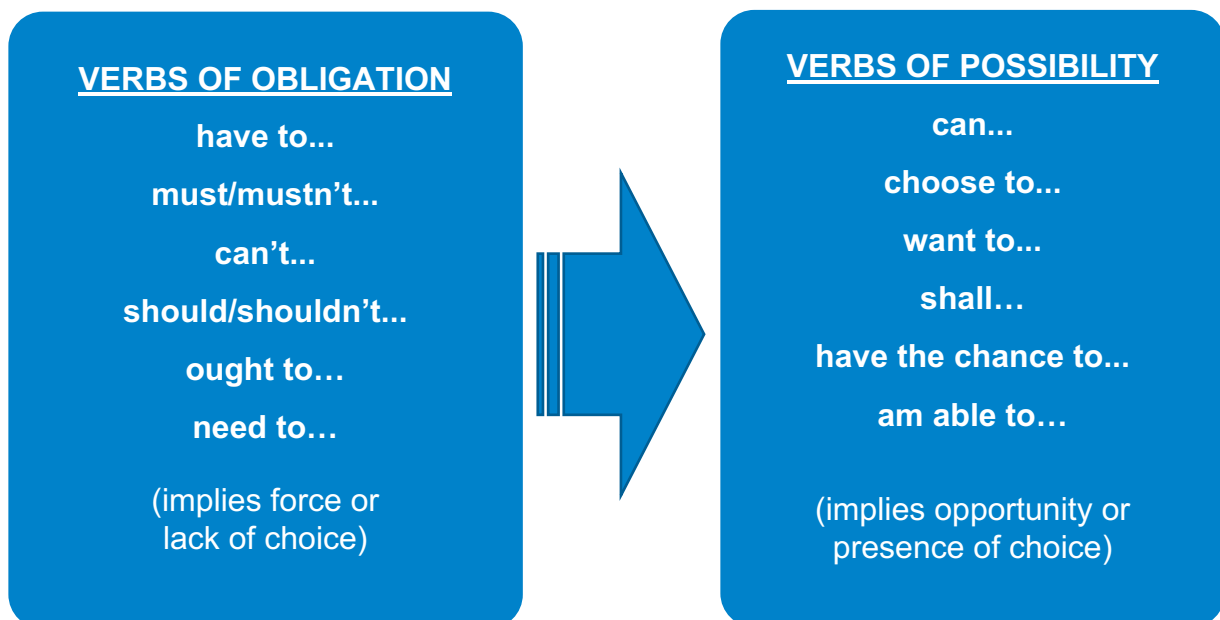
This simple question puts the power back into your hands. Remember that you have a CHOICE of what your next action will be, and you decide if it will work towards creating a life you agitated or excited about living.

Conscious Language to Shift Action

One great place to begin taking more responsibility with our lives is through examining our language. It may sound overly simple, but the words we repeat within our own heads day in and day out DO play a big role in our resulting actions.

Below are two lists of verbs. It may seem trivial to look at these words so closely, but it’s a great practice for building awareness. Notice the places where you are using “verbs of obligation” and where you are using “verbs of possibility.”

This is a great starting point for bringing more responsibility into our thoughts, and as a result into our actions. Take one or two phrases that you say quite often that include verbs of obligation and see what happens when you begin intentionally replacing it with a verb of possibility. See how your ownership of that task increases, and how you may even find new creative solutions when you incorporate more self-responsibility into your language.



*“Language is power, in ways more literal than most people think.
When we speak, we exercise the power of language to transform reality.”
~ Julia Penelope*



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