

No One Owns Your Joy

2 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=SWE0FICH57K](https://www.youtube.com/watch?v=SWE0FICH57K)

<https://www.youtube.com/watch?v=Sweofich57k>

SUMMARY

Self-accountability is essential for personal growth and liberation, allowing individuals to take control of their lives rather than blaming external factors. By recognizing that they are co-creators of their own destiny, people can free themselves from mental constraints and toxic belief systems.

- *Many prefer to play the victim and blame others for their circumstances.*
- *Self-accountability empowers individuals to realize they control their thoughts and destiny.*
- *Recognizing that suffering often stems from one's own thoughts is crucial for inner liberation.*
- *The process involves unlearning toxic beliefs, shame, and feelings of unworthiness.*
- *Seeking help from therapists or coaches can facilitate the journey towards self-accountability.*
- *Taking charge of one's life is essential for achieving joy and freedom.*
- *Sharing this message can help others on their path to self-discovery and accountability.*

we like to be victims we like to blame other people we like to pretend like someone else was at fault it's so much easier to just being passive let's just blame our parents let's just blame our intimate partners let's just blame the education system self accountability ruins that dependency it joel's you into this realization that you alone are the complete master and mistress of your destiny one of the greatest gifts we can

give ourselves is learning how to be self accountable now this is not glamorous or romantic self-accountability doesn't sound so fabulous but let me tell you as a therapist when I can show my clients how to be self accountable they literally free themselves they soar out of their mental cages so what is self accountability self accountability is the awareness the awakening you have when you realize that

you are a full-on co-creator and co-participant a co receiver a code designer of your own life you know when you realize that your thoughts control your destiny when you realize that all your suffering comes from your thoughts when you realize that you can change your belief systems that is the only way to inner liberation yes we need to learn how to do it yes we need to unlearn toxic belief systems we

need to unlearn shaming we need to unlearn unworthiness there's a lot of work we need to do but the time to start that work no one owns your joy no one can rob you of your work but you so you in your life of hopeless let me tell you the answer is your self accountable you are accountable for your so go out there find the therapist find

a coach find the horse and begin doing the work to liberate yourself from your past this is the pathway to your freedom so take charge of your destiny and make a change today by being accountable for youth if you

resonated with this message spread it to someone who could benefit as well