

After reading *The 85% Solution: How Personal Accountability Guarantees Success—No Nonsense, No Excuses* by Linda Galindo gave me a different perspective on personal accountability and how it can affect both my personal and professional life. One of the biggest lessons I took away from the book is that I have more control over my success than I may sometimes realize. Instead of focusing on circumstances, other people, or things that are outside of my control, I need to focus on the choices and actions that I can control.

As I think about my future practice, I can see how personal accountability will be especially important. In any professional setting, there will be challenges, mistakes, and situations that do not go as planned. Galindo's ideas reminded me that making excuses or blaming others does not help solve a problem. Instead, I should take responsibility for my actions, recognize what I could have done differently, and focus on finding a solution. This does not mean that every problem is my fault, but it does mean that I should consider what I can do to improve the situation.

I also learned that accountability is connected to trust. In my future practice, the people I work with and serve will need to know that they can depend on me. Being accountable means following through on commitments, admitting mistakes when they happen, and taking the necessary steps to correct them. I want to develop a professional reputation for being dependable and willing to take responsibility rather than making excuses.

Another way I plan to apply this book is by being more intentional about my goals. If I want to improve in a certain area of my practice, I cannot simply hope that improvement will happen. I need to identify what I want to accomplish, take action, and evaluate my progress. When something does not work, I can use it as an opportunity to learn rather than placing the blame somewhere else.

Overall, *The 85% Solution* reinforced the importance of taking ownership of my decisions and actions. In my future practice, I want to approach challenges with a solution-focused mindset and remember that I am responsible for the choices I make. By practicing accountability, following through on my responsibilities, and learning from my mistakes, I believe I can become a more reliable and effective professional. The main lesson I will carry forward from this book is that I may not be able to control everything that happens, but I can control how I respond and what I choose to do next.