**Responsibility Journal**

What does personal responsibility mean to you?

Being flexible means we can change in order to become more responsible.

Think about some responsible things that you did during the last week.

Write down things you said or did that were responsible. Also, write

down things you said or did that you realize were not responsible. Based on your honest answers now, examine you’re not responsible list. Complete the “what I have learned” section.

Responsible:

ACTION: CONSEQUENCE:

ACTION: CONSEQUENCE:

ACTION: CONSEQUENCE:

Not Responsible:

ACTION: CONSEQUENCE:

ACTION: CONSEQUENCE:

ACTION: CONSEQUENCE:

What I have learned…

**Thought Questions:**

1. Which do I have more of, actions which are responsible or actions which are not responsible?

2. What surprised me?

3. How do I feel about my not responsible actions?

4. What steps will I take to improve?