



Personal Responsibility

Goal: Someone who has a strong sense of Personal Responsibility will perform well even when expectations aren't clear, resources are hard to find and competition is tough. They see accomplishment of personal and professional goals as a fundamental part of who they are, and they behave consistently and efficiently to accomplish these goals, regardless of obstacles. In building your personal accountability "muscles," it can be useful to reflect upon and self-assess your strengths and weaknesses in this area.

Part 1: List for yourself three examples of times when you believe you have displayed Personal Responsibility, why it was necessary to accept responsibility and how you felt about it.

Three Times When I Displayed Personal Responsibility			
Situation/ Responsibility	Repercussions (Why It Was Necessary to Accept Responsibility)	Degree of Difficulty Accepting Responsibility (1 = Least Difficult; 10 = Most Difficult)	How I Felt At The Time
1.			
2.			
3.			



Part 2: Then, list three examples of times when you didn't display the appropriate Personal Responsibility, why you should have and how you felt at the time.

Three Times When I Did Not Display Personal Responsibility			
Situation/ Responsibility	Repercussions (Why It Was Necessary to Accept Responsibility)	Degree of Difficulty Accepting Responsibility (1 = Least Difficult; 10 = Most Difficult)	How I Felt At The Time
1.			
2.			
3.			

Part 3: Based on the examples above, what area of your life are you going to consciously take more responsibility and how will that positively impact your life?