

# Personal Reflection Exercises

## *Accountability equals dependability*

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Everyone makes mistakes. When I make a mistake, I own it. I learn from the error and am bettered by it.

I accept accountability for my decisions and actions. Being responsible is a way of being and thinking for me. It empowers me, because I feel increased control over events in my life.

I take equal pride in my strengths and shortcomings. **I refrain from making excuses.** Instead, I develop resolutions. Resolutions are an acknowledgement of the challenges I face, coupled with a solution for overcoming.

For others, it may be easier to be irresponsible. Being accountable is demanding, but I rise to the occasion. I police my own actions because I have a responsibility to myself. **I must be able to depend on myself before others can.**

When I voice responsibility for my actions, others notice. I am an example for them to follow because I am reliable and trustworthy. They know they can depend

on me. Because I am dependable, my decisions and actions affect and influence theirs.

Persistence, honesty, and integrity are fundamental traits I possess. I rely on these traits when I accept accountability for shortcomings.

**Today, my ability to accept responsibility has a positive impact on others.** I am looked to for guidance. I seek new ways to guide others. It feels great to know others can rely on me to help them overcome obstacles.

### **Self-Reflection Questions:**

1. Whom do I look to for guidance?
2. How has being accountable had a positive impact in my life?
3. Have I seen examples of the adverse effects of being irresponsible?