

Choices and Accountability

Date Signature

Discuss the principle of personal accountability with your Therapist. Write a one page answer on why we are accountable for our choices, and what accountability has to do with freedom. Share your writings with your Therapist. _____

Discuss with your Values Coach how the value Choices and Accountability relates to trust. How can you apply this value to your life to be more trustworthy? _____

Find five articles from the newspaper that deal with tragedies caused by bad decisions. Identify and write down what decisions could have been made to prevent the problems. Then, find five articles that show examples of good decisions. Report to the community about the articles and your conclusions. _____

Read a biography on a positive, influential, and good person. Write a list of 10 choices that the person made that were helpful in his/her life. Discuss with your Values Coach what you learned, as well as choices you would like to make for your future. _____

With your therapist, talk about a time when you made a bad decision. What were the consequences you had to deal with? Talk about how you think the situation would have been different if you had made a better decision. _____

For two weeks choose to control your temper and be accountable for your attitude. Make a plan of how to do this with your Values Coach. At the end of two weeks report to him/her on how you did and how it made you feel. _____

Look up the definition of Accountability in the dictionary and discuss it with your Values Coach. Then write your own definition of the value Choices and Accountability and discuss whether or not you live by this value, and whether or not you think It is important. _____

Think of at least two situations where your choice would cause sadness. How would that choice affect your parents, siblings, friends, etc? Write your answers to each on paper and discuss them with your Values Coach. _____

Ask three staff and two girls what they think about the value Choices and Accountability. Do they live by it? Is it important? How has it impacted their lives? Report your what you learned and your feelings to your Values Coach. _____

Make goals for the next two weeks on good choices you will make. Discuss your goals at the beginning and at the end of the two weeks with your Values Coach. Write down how you achieved them. _____