



LOOKING BACK: A Self-Reflection

Self-Responsibility Worksheet

SETTING YOUR FOUNDATION

What does self-responsibility mean to you?

How have you shown self-responsibility in the past?

List a few situations (academically, family, or friend related) in your past where you didn't get the result you wanted, below:

1. _____
2. _____
3. _____

Who did you think was responsible for the negative outcome? Why? In your response, were you quick to blame someone else – a teacher, parent, or friend? Was it really their responsibility? What role or responsibility did you have in the situation?

List a few situations in your past where you got the result you wanted, below:

1. _____
2. _____
3. _____

What accounted for that? Can you take credit? Why or why not? How did you demonstrate self-responsibility in order to achieve your goal?

How do you make decisions about what is right and wrong? Is this based on your core beliefs? Who directed you to determine what is right and wrong? How do you balance the teachings from your upbringing with your personal choices today? Reflect by writing a few sentences below:

