

Accountability has many definitions, one of which is “taking responsibility for yourself and your life”. Taking responsibility for your life is the key to having **PERSONAL POWER**.

That’s right. The more we accept accountability, or responsibility for things, the more **POWER** we will have. The word “Responsibility” actually sounds like what it means. “Response-Ability” It is our ability to respond to things on our terms, rather than someone else’s.

There are two main kinds of people in the world: people who are **REACTIVE** and people who are **PROACTIVE**. Proactive people take responsibility for their lives, while Reactive people point fingers and blame others. Proactive people make things happen, and Reactive people get “happened to”.

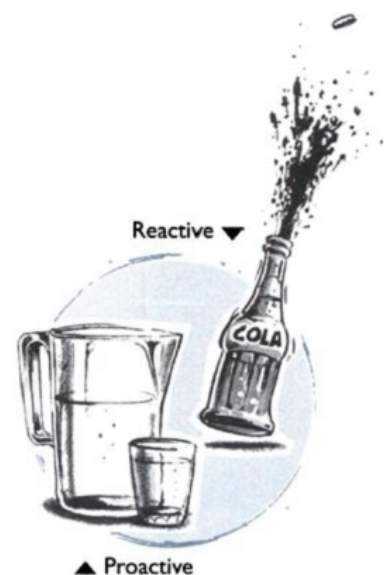
The key to personal power is to become a **PROACTIVE PERSON**: someone who takes responsibility for their own happiness or unhappiness.

Every day, you and I get about 100 chances to choose whether to be Proactive or Reactive. In any given day, the weather is bad, someone says something mean to you, your sister steals your toys, you can’t find your shoes, you lose a game during gym class, and you accidentally left your homework at school. **SO WHAT ARE YOU GOING TO DO ABOUT?** Are you in the habit of **REACTING** to those kinds of everyday things, or are you Proactive? The choice is yours. It really is. You don’t have to respond the way anyone else does, or the way you think you should.

Say someone cuts in front of you as you are walking through the door at school, and you almost trip and drop your books. What do you do? Scream at them? Say a bad word? Let it ruin your day? Or do you just let it go? Breathe, laugh it off, and move on. The choice is yours.

Reactive people are like a can of soda. When life shakes them up a bit, the pressure builds and the suddenly explode! “Hey, you **JERK!** **WATCH WHERE YOU’RE GOING!!**”

Proactive people make choices based on their values. They actually **THINK** before they act. They recognize that they can’t control everything that happens to them, but they **CAN** control what they do about it. Proactive people are more like a bottle of water. Life can shake them as much as it wants, and nothing. No bubbles, no fizz, no pressure. They stay calm, cool, and in control. “I’m not going to let that person get me upset and ruin my day.”



YOUR ASSIGNMENT IS ON THE BACK ---->

ACCOUNTABILITY ASSIGNMENT #1

NAME: _____

Complete the assignment to earn 1 homework stripe on your belt.

Have you ever heard someone say "they made me so angry!"

We probably have heard or even said this at some point, but can someone actually reach into your brain and control your emotions? The answer? *Only if you let them!*

Proactive people use vastly different language than Reactive people. You can usually tell if someone is Proactive or Reactive based on how they say things.

EXAMPLES OF REACTIVE LANGUAGE

If someone says, "That's just the way I am, I can't help it!" what they are really saying is: *"I am not responsible for the way I act. I can't change my behaviour I am destined to be this way."*

If someone says, "Thanks a lot. You just ruined my whole day." what they are really saying is: *"I am not in control of my mood. You are."*

If someone says, "I only I had _____, then I'd be happy" what they are really saying is: *"I am not in control of my own happiness, 'things' are. I must have things to be happy"*

Can you see how all of the above language gives away the person's power to someone or something else? Reactive Language limits you, while Proactive Language puts you back in control!

[Source: "The 7 Habits of Highly Effective Teens" by Sean Covey]



"WATCH YOUR LANGUAGE!!!"

Sort the following phrases into 2 categories: Proactive or Reactive language.

Use the Phrase Bank and rewrite the phrases under the appropriate categories.

A few are done for you to give you a better idea. When you are done, think of your own example of Proactive vs Reactive language, and add it to the lists..

PROACTIVE

REACTIVE

I can do better than that!

That's just the way I am!

PHRASE BANK:

That's just the way I am.

There's nothing I can do.

I have to do it.

I choose to do this.

I'll do it!

I'll try...

I can do better than that.

Let's look at our options.

There's gotta be a way!

I don't have time.

How can I find the time?

I couldn't help myself.

It was my fault.

I'm not going to let that ruin my day.