

Accountability is a universal principle, meaning we must take responsibility for all aspects of our lives, not just the bad things, but the good too! To be truly powerful, we need to accept ownership over our thoughts, words, and actions. We need to take responsibility for both what we have and also what we don't have.

Whatever we "focus our mind" on the most becomes our reality. We tend to think our thoughts don't have any power. For the most part, a fleeting thought here and there will not have much effect. However, if we grab onto a thought and concentrate on it, it expands and starts to change our emotions. Intense emotions are vessels of energy. A simple thought process can give you energy or drain you of energy.

We can all think of someone we know who is always complaining about life, always seeing what is wrong with things, or always manages to point out what is missing. These are negative people. People were not born bearing this negative mindset. They have acquired the bad habit of only focusing on what they do not have. No matter what good things a negative person gets, they will always find a way to look at what they lack, or why they can't do something. They are typically reactive in their approach to life, and let outside factors control them.

One of the main causes of misery and unhappiness in the world today is a lack of gratitude. Even though most of us have an excess amount of luxuries, our materialistic world has taught us that we constantly need to be hoarding and buying new things to be fulfilled. However, we know this won't actually help.

Maintaining an attitude of gratitude is one of the most important habits you can have in today's world. Positive and proactive people always consider what they have before they determine what they might need or want. They always look on the bright side. They are happier people, not because they have more things, or because they pretend, but because their view on life is not dimmed by the false idea that they need to be perfect or "have it all" in order to be happy.

感恩  
Give Thanks

When you think about how fortunate and blessed you are, your brain releases chemicals into your body that actually provide you with a clear, calm mind, feelings of happiness, and improved overall physical health. Focusing on gratitude sends commands to your subconscious mind, which will then work behind the scenes to make sure your intuition guides you to have all you need to accomplish your goals.

Being a positive person doesn't mean you have to never ever be sad. Positive people are not unrealistically carefree and absurdly joyful all the time every minute of the day. Sad things still happen to them, and it is very healthy to grieve and mourn when very sad things happen, such as loss of a loved one, or moving away from friends. However, it is not healthy to feel constantly frustrated and resentful over little things, like traffic jams, or things we can't control, like someone else's opinion. Sometimes the only way to let go of negative feelings is to grab onto a positive feeling.

YOUR ASSIGNMENT IS ON THE BACK ---->

# ACCOUNTABILITY ASSIGNMENT #2

NAME: \_\_\_\_\_

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

Write 50 things you are genuinely grateful for. Start with the most meaningful things you can think of. Thinking of 50 things you are grateful for might take time, but it will be easy. Highlight your top 5 and share during Leadership Circle.

**I, \_\_\_\_\_, AM SO HAPPY AND GRATEFUL FOR....**

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