



# Personal Responsibility



# What's Your Role in Taking Care of **YOURSELF**

- 1 Emotionally
- 2 Mentally
- 3 Physically





## What's Your Role in Taking Care of **Your Community**

- 1 In Relationships
- 2 Within Your Family
- 3 At Work or School



## What's Your Role in Taking Care of **OUR WORLD**

- 1 Advocating for a Cause
- 2 Getting Involved
- 3 Supporting Others

When taking on responsibilities, consider these things:

- Strengths/skills (What do I do well?)
- Concerns (What don't I know how to do or don't have the skills to do?)
- What support will I need from others? (Who will help me?)
- What other responsibilities do I already have?

Remember, a responsibility is **a promise**. Sometimes the responsible thing to do is to say “No” if you will not be able to keep the promise.



# PRACTICE

My role in taking care of \_\_\_\_\_ is \_\_\_\_\_.

My strengths are:

My concerns are:

I will need support from others:

\_\_\_\_ No

\_\_\_\_ Yes, from \_\_\_\_\_

My other responsibilities are: