

KINDNESS AT HOME™ JOURNAL

RESPONSIBILITY • Week 3 • Ages 13-Adult

Sometimes the volume of responsibilities that we have can be overwhelming. We can feel like there is too much to do and we don't have enough time. The flip-side, of course, is the honor of our responsibilities. Think about how others have trusted you with different things. They feel safe with you and know that you are a reliable person. To combat the overwhelming feeling of conflicting responsibilities, it is important to prioritize. You cannot and should not try to do everything all at once.

Remember:

Responsibility is being reliable to do the things that are expected or required of you.

However, you are only one person. Prioritizing responsibilities by time commitment and importance is the first step towards positively moving forward on completing everything on that long list!

YOUR TURN

Journal Prompt this week:

How do you organize your time each day? Do you have a schedule or do you just go with the flow? How does this affect what you can accomplish? Write about it below.



