

KINDNESS AT HOME™ JOURNAL

RESPONSIBILITY • Week 1 • Ages 13-Adult

As you get older, you are expected to be more reliable. As you have more opportunities, more freedom, more life experience, and more age, people expect more from you. They will depend on you more. Think about who you depend on now. Who are some people you depend on (even beyond parents or guardians)? Who, in your life, if they did not show up for you on a regular basis, would make a big impact?

Being responsible is everyone's job.

Remember:

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

Think about your reliability. Can you be counted on to do the things that are expected and required of you, or do you do the bare minimum?

YOUR TURN

Journal Prompt this week:

What are you responsible for at home? Identify 5 categories and sort them into those in the space below.



