

## KINDNESS AT HOME™ JOURNAL

### RESPONSIBILITY • Week 2 • Ages 13-Adult

Responsibility requires self-discipline. It is necessary to set small goals and follow through with them in order to accomplish a larger task. As we get older, our responsibilities grow in complexity and number and it can be difficult to prioritize them. Using self-discipline can help you organize your time, prioritize your workload, and ensure you have the freedom for fun without shirking your responsibilities. If every person uses this same approach, the responsibilities can be divided as needed. Living together and running a household does take work. But it does not and should not fall just to one person. We must work together as a team to help share responsibility.

Remember:

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

Look back to last week and reflect on your personal responsibilities at home. Think about how they are an act of kindness and how they help others on a daily basis.

### YOUR TURN

Journal Prompt this week:

**What is the most important responsibility you have at home? Why is it so important?  
Write about it below.**

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.