

## 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.**

[illegible][illegible]

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