

Personal Responsibility Inventory

Put an "X" in the column that best represents your regular experiences.

Responsibility	Always	Mostly	Rarely	Never
When my parent or guardian asks me to do a chore at home (like set the table, do the dishes, clean my room, etc), I do it right away without complaining or negotiating.				
When my teacher gives me homework, I do it immediately at home without reminders or pressure from my parents/guardians.				
I use please, thank you, and you're welcome appropriately without reminders.				
When I am on a sports team, taking music lessons, in a theater group, or engaged in some other extra-curricular activity (community or religious), I listen to the instructor/leader/coach, follow the rules, and give 100% every time.				
I follow the rules and set a good example for others (including family and friends).				
I stay focused in class and never daydream or wish I was doing something else.				
I brush my teeth every morning and every night.				
I eat healthy foods and play or do activities to keep my body strong.				
I speak calmly with my siblings or parents, even when I get angry.				
I keep my room clean and organized.				

When I take something out (at home or at school), I put it back where I found it and in the same condition I found it.				
If I notice a student at school being unkind to another student, I will say something.				
If I see trash outside on the ground, I pick it up and put it in a nearby waste bin.				
When I leave a room, I turn the lights off (if no one else is in the room).				
When I brush my teeth or wash my hands, I do not leave the water running for long periods of time.				
I volunteer in my community to help others.				
TOTALS				

Responsibility Reflection

1. What is ONE responsibility you could improve?

2. How will you improve?

3. Who will you ask to be your accountability partner?
This should be a person who will help you be more responsible for this specific task.

