

Accountability and You: Are You Meeting the Challenge?

What exactly does it mean to be accountable?

Accountable: adj. – *The obligation of an individual to account for his/her activities, accept responsibility for them and to disclose the results in a transparent manner – (www.businessdictionary.com) In simple terms, being accountable involves:*

- *Accepting responsibility for your actions*
- *Being answerable for the outcomes*
- *Taking ownership of your mistakes*

Being accountable usually doesn't come easy for anyone and it takes practice. However, learning to be accountable is highly beneficial and with time anyone can improve.

Consider the following: Accountability is closely linked with enhancing the following positive life benefits:

- Trust
- Successful Relationships
- Security
- Teamwork
- Leadership
- Confidence
- Achievement of Goals

To put it in perspective, think of the kind of person who you would want as a leader. Wouldn't you want that person to be accountable for his or her actions? If you were assembling a team of some kind, wouldn't you desire the members of that team to all be accountable?

Accountability leads to success.

Avoiding accountability by making excuses, blaming, lying, etc. is taking the short term easy way out when a problem arises. Facing your problems, mistakes, and challenges by being accountable is a path toward long term success.

Personal Accountability Worksheet

Be who you are and say what you mean” – Dr. Suess

Being accountable is challenging so do not let yourself feel discouraged if you need some improvement. You are not alone. Everyone needs to spend some time focusing on accountability as our lives continuously change and as we steadily grow as individuals.

To help understand what it means to be accountable, keep in mind the following three key aspects of being accountable:

Responsible: adj. - having an obligation to do something, or having control over or care for someone, as part of one's job or role.

Answerable: adj. - required to explain or justify one's actions

Trustworthy: adj. – able to be relied upon as honest or truthful

Once again, remember as important as these things may seem, most people are a work in progress with some room for improvement.

Working alone, fill out the following accountability worksheet below with a view toward looking at ways that you can learn, grow and improve:

Accountability Worksheet:

Life in General:

What are some things in life that you are accountable for? (Try to list at least 3 or more below)

1.

2.

3.

4.

Making positive choices about the following important day to day life decisions:

- Avoiding negative people, places, things, and other risky or dangerous associations
- Managing anger, stress, frustration, etc. without acting out in a negative manner
- Maintaining a law-abiding lifestyle
- Keeping busy with purposeful life pursuits (work, education, or other areas of self-improvement)

List any other specific life areas or ideas that you believe that you are accountable for below:

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Honest Self-Examination:

What areas do you sometimes struggle with when it comes to being accountable?
(Check any that apply)

- I sometimes find it hard to tell the truth when – (Describe situation, for example “If I were to relapse” or “When I call out of work”)

- Life areas I should be more responsible for but at time struggle with are – (For example, “Going to work”, “paying my bills”, “maintaining chores at home”, etc.)

- Other? - _____

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Areas of Strength:

What are some things in your life that you feel that you are doing well with when it comes to accountability, answerability, and responsibility?

1.

2.

3.

Moving Forward with Goals:

Accountability is closely linked with our goals and our dedication to achieving those goals.

What are three things you are committed to working on going forward?

1.

2.

3.