

12 Core Skills for a Solid Foundation  
Taking Responsibility

**Definition:**

**To take responsibility means to:**

---

---

---

**Notes:**

---

---

---

---

---

---

**What are some examples of taking responsibility?**

**Examples:**

---

---

---

---

---

---

---

---

---

---

**Point to Remember:**

---

---

**Why is it important for you to take responsibility?**

**#1**

---

**Notes:**

---

---

---

12 Core Skills for a Solid Foundation  
Taking Responsibility

#2

---

Notes: \_\_\_\_\_

---

---

#3

---

Notes: \_\_\_\_\_

---

---

#4

---

Notes: \_\_\_\_\_

---

---

#5

1) \_\_\_\_\_

---

2) \_\_\_\_\_

---

Notes: \_\_\_\_\_

---

---

#6

---

Notes: \_\_\_\_\_

---

---

#7

---

Notes: \_\_\_\_\_

---

---

12 Core Skills for a Solid Foundation  
Taking Responsibility

#8

---

Notes: \_\_\_\_\_

---

---

**Why do we avoid taking responsibility in the first place?**

#1

---

Notes: \_\_\_\_\_

---

---

#2

---

Notes: \_\_\_\_\_

---

---

#3

---

Notes: \_\_\_\_\_

---

---

**What are the Benefits of Taking Responsibility for Your Life?**

#1

---

Notes: \_\_\_\_\_

---

---

#2

---

Notes: \_\_\_\_\_

---

---

12 Core Skills for a Solid Foundation  
Taking Responsibility

#3

---

Notes: \_\_\_\_\_

---

---

#4

---

Notes: \_\_\_\_\_

---

---

#5

---

Notes: \_\_\_\_\_

---

---

**Action Plan: Taking Responsibility for Your Life**

Step 1: \_\_\_\_\_

Notes: \_\_\_\_\_

---

---

---

---

Step 2: \_\_\_\_\_

Notes: \_\_\_\_\_

---

---

---

---

12 Core Skills for a Solid Foundation  
Taking Responsibility

**Step 3:** \_\_\_\_\_

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Step 4:** \_\_\_\_\_

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Step 5:** \_\_\_\_\_

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Step 6:** \_\_\_\_\_

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Additional Tips for Taking Responsibility**

**#1**

\_\_\_\_\_

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12 Core Skills for a Solid Foundation  
Taking Responsibility

#2

---

Notes: \_\_\_\_\_

---

---

#3

---

Notes: \_\_\_\_\_

---

---

**Summary:**

Notes: \_\_\_\_\_

---

---

---

---

---

**Additional Notes:**

---

---

---

---

---

---