



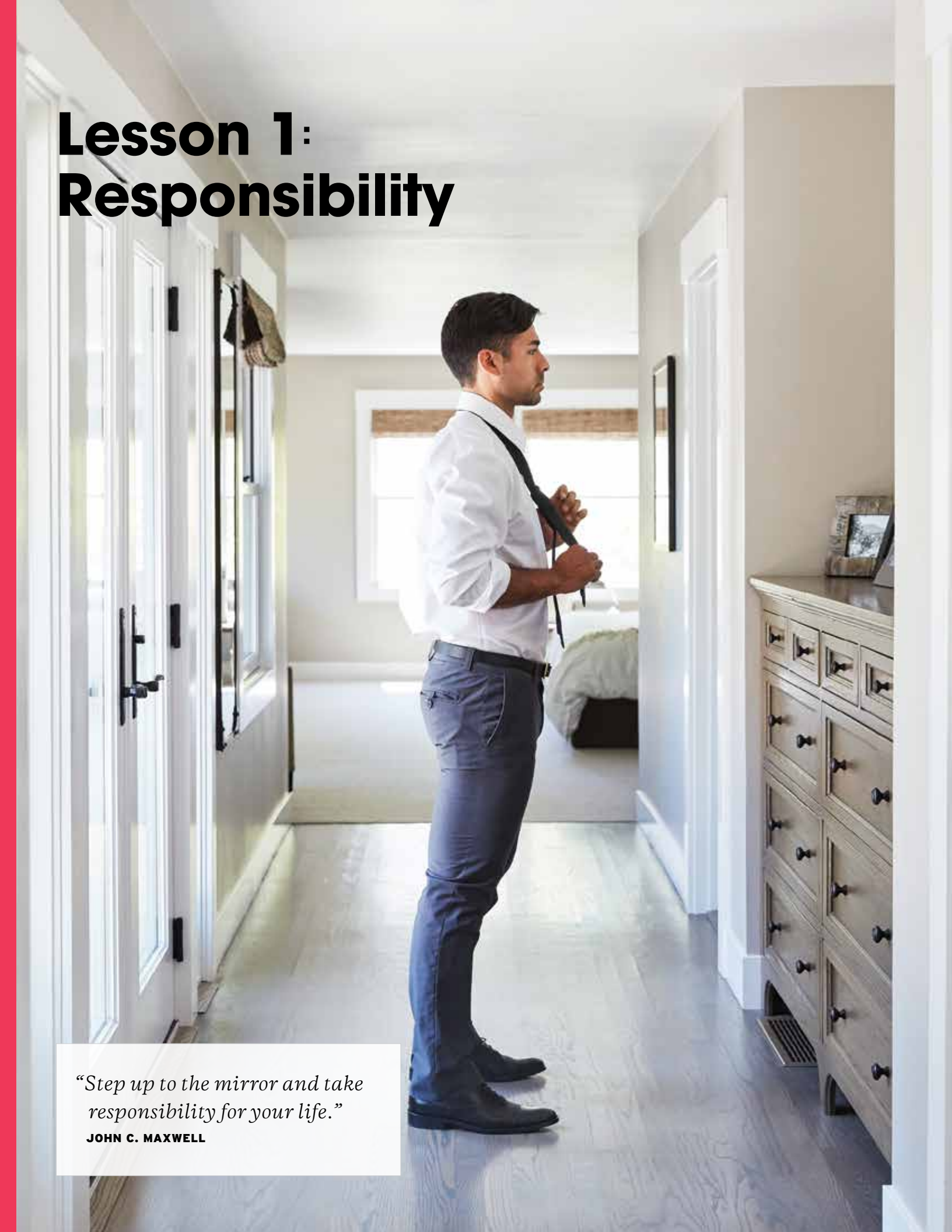
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Module 2

Lesson 1: Responsibility

"Step up to the mirror and take responsibility for your life."

JOHN C. MAXWELL





AT THE END OF THE SELF-WORTH LESSON, YOU WROTE AN ACTION STEP TO IMPROVE YOUR SELF-RATING.

Did you complete the action? ☐ Yes ☐ No Describe the results.

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 3-5 for a 30-45-minute time slot and 6-8 for an hour.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

Choose to be responsible and add value to your life and others.



01

Responsibility is a Choice



We often think about responsibility as something heavy — a burden we know we ought to bear because, “it’s the right thing to do.” We also seem to set responsibility up as the opposite of freedom; “I wish I could drop everything and go to the party with you but I have so many responsibilities. I have to study, babysit my sister and brother, and finish my chores!”

The problem with this perspective is that we begin to view ourselves as trapped by the commitments we’ve been given rather than opportunities to progress and mature our lives. When we choose the latter, we can look into the mirror and view responsibility as an exciting word rather than a boring one.

The mirror is a picture of responsibility. It allows us to see ourselves as we actually are and then make the needed adjustments to help us look better. How do you do this? By looking into the mirror and asking, “What can I do to improve myself?” How you respond helps you to make choices that will add value to your life and others.



..... In what area do you want to improve and be more responsible?

Reasons to be Responsible



1. Responsibility is the foundation for your success.

Michael Korda said, “The one quality that all successful people have and which is the most difficult one of all to learn or fake is the ability to take on responsibility.”¹ If you do the things you ought to do when you ought to do them, the day will come when you get to do the things you want to do when you want to do them. Responsibility is like an investment you make today because you know it will pay off in the future. A father once said to his children, “When you do more than you’re paid to do, you will eventually be paid more for what you do. The day you take complete responsibility for yourself, the day you stop making excuses, that is the day you start rising to the top!”



What is the most important sentence you underlined? Why?



2. Responsibility puts you in control of your life.

Do you think of your life as just something that happens to you or something that you can have control over? If you think life just happens to you, then you will have a tendency to be passive. Being passive is accepting or allowing what happens or what others do, without an active response. The result? You tend to get in life what you are willing to tolerate.

However, you can control your life. Can you control everything? No, of course not. But you can choose to control the things that are within your control. First, acknowledge that you have the ability to choose. Then, identify which parts of your life you do have control over and which you don’t. Once you begin taking charge and making choices, your life will begin to change. As Eleanor Roosevelt said, “In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”²



¹ Korda, Michael. *Success!* Ballantine Books, 1978.

² Roosevelt, Eleanor. *You Learn by Living*. Westminster Press, 1983.



Bob Moawad said,

“The best day of your life is the one in which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift of life is yours—it is an amazing journey—and you alone are responsible for the quality of it. This is the day your life really begins.”³



REFLECTION:

HOW RESPONSIBILITY AFFECTS ME

What is the one area of my life that I need to take control of today?

³ Moawad, Bob. *Whatever it Takes: A Journey into the Heart of Human Achievement: Thoughts to Inspire and Celebrate your Commitment to Excellence*. Compendium, 1995.



**Today I will look into a mirror
and take responsibility for my life.**



3. Responsibility is a sign of maturity.

Maturity doesn't come with age. It comes with the acceptance of responsibility. The result? You move from dependence to independence.



THIS IS MATURITY:

Check one for each statement.

	ALWAYS	SOMETIMES	NEVER
To be able to stick with a task until it is finished.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To do your duty without being supervised.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To be able to carry money without spending it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To be able to bear injustice without trying to get even.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To follow your conscience, not the crowd.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To take ownership of your choices and not blame others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To have others say, "I can count on you."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To consider others and the consequences before taking action.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To step up to the mirror and take responsibility for your life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



REFLECTION:

HOW RESPONSIBILITY AFFECTS ME

How mature are you based on these statements?



What area do you need to improve the most?

4. Responsibility makes you ready for action.

Dietrich Bonhoeffer observed, “Action springs not from thought, but from a readiness for responsibility.”⁴

Reality without responsibility will make you passive. Reality with responsibility makes you active.

Poet Edward Everett Hale wrote,

“I am only one,
But still I am one.

I cannot do everything

But I can still do something.

And because I cannot do everything

I will not refuse to do the something that I can do.”⁵

THE FOLLOWING WORDS SHOW BOTH MATURITY AND ACTION:

You can love me, but only I can make me happy.

You can teach me, but only I can do the learning.

You can lead me, but only I can walk the path.

You can promote me, but I have to succeed.

You can coach me, but I have to win the game.



⁴ Bonhoeffer, Dietrich. *Letters and Papers from Prison*. Edited by Eberhard Bethge. Translated by Reginald H. Fuller, The Macmillan Company, 1965.

⁵ Lindsay, Arthur L. *Most Unusual Packages: The Story of Bethpage - Where Potential Comes to Life*. Cross Training Publishing, 2003.





03

The Benefits of Responsibility



You are proactive and do what you can, rather than focusing on what you can't do.
You set the course of your life in the direction you desire.
You become a person of excellence who exceeds expectations.
You actively learn from each mistake and keep improving.
You are seen as reliable and trustworthy by others.
You are given opportunities to progress in your career because you get things done.



REFLECTION:

Which benefit do you value the most? Why?

Review the Reasons to be Responsible:

- Responsibility is the foundation of success.
- Responsibility puts you in control of your life.
- Responsibility is a sign of maturity.
- Responsibility makes you ready for action.



Share which reason to be responsible that you like the most.

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**Today I will show responsibility to others.**

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*“Step up to the mirror and take
responsibility for your life.”*

JOHN C. MAXWELL

**EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE TAKING RESPONSIBILITY ON A SCALE
OF 1 TO 5:** Select your answer. (1 is weak, 5 is strong)

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Why did you give yourself this rating?



ACTION STEP:

What specific action can you take immediately that will improve your rating?





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