**Personal Responsibility Checklist**

<http://www.evancarmichael.com/Leadership/1988/Personal-Responsibility-and-Work.html>

Unit 7, objective 1

**On a scale of 1-10 rate your responsibility level for each. 10 being the highest responsibility**

\_\_\_\_\_ You are responsible for your attitude life.

\_\_\_\_\_You are responsible for the choices you have made.

\_\_\_\_\_ You are responsible to choose the direction for your life.

\_\_\_\_\_ You are responsible for “all” the choices you make in your life.

\_\_\_\_\_ You are responsible for what you choose to think and feel.

\_\_\_\_\_ You are responsible for making you feel good or bad about yourself.

\_\_\_\_\_ You are responsible for the good and bad consequences of your actions.

\_\_\_\_\_ You are responsible to “get over it” and get on with life.

\_\_\_\_\_ You are responsible to mature and determine how you will develop self-esteem.

\_\_\_\_\_ You are responsible for protecting and nurturing your health and emotional well-being.

\_\_\_\_\_ You are responsible for building solid and lasting relationships.

\_\_\_\_\_ You are responsible for your education and attaining usable life and work skills.

\_\_\_\_\_ You are responsible for your career.

\_\_\_\_\_ You are responsible for your financial situation.

\_\_\_\_\_ You are responsible for giving your life meaning, direction and reason.

Your total\_\_\_\_\_\_\_\_\_\_\_\_\_

**Analyze the role of individual responsibility for enhancing health**

The higher the score the more responsibility a person has over the quality of their life.