



# Accountability CHART



## Valued

- Listen to someone without answering back with opinions  
*(Most People enter into a conversation to feel valued)*
- Give a compliment to someone who may not get many  
*(Sharing compliments with others is a great way to acknowledge another person's value)*
- Look in the mirror and say "I am an incredible person and I choose to feel my value today"

## Kind

- Offer someone a sincere compliment
- Tell someone they have a nice smile
- Look in the mirror and give yourself a compliment

## Courageous

- Say hi to someone you have never met
- Try out a new activity
- Write a Thank-you note to someone you feel angry with

## Gracious

- Be an example of respect by opening a door for an adult or small child
- Tell someone one thing you love about them
- Include someone new to join you and friends for lunch

## Peace-maker

- Escape from participating in gossip
- Speak kind words towards someone that has been mean to you in the past
- Avoid arguing to prove you are right *(Which makes someone else wrong)*

## Inviting

- Be an includer - find someone sitting alone and go sit by them
- Invite someone to join you in a fun activity
- Remove judgment towards those you do not know for a day

## Trustworthy

- Follow through on what you say
- Be on time without being reminded or called home
- If you have a household chore to do - do it without being reminded

## Inspirational

- Give a friend support on a project
- Congratulate a friend or stranger for doing something great
- Be aware of someone in a difficult and challenging situation and let them know they can do it!