

DON'T LET YOUR CHILD GROW UP WITH A VICTIM MENTALITY

If you don't want your child growing up with a **victim mentality**, or thinking life just happens to them...

TEACH THEM PERSONAL ACCOUNTABILITY

- ◆ I'm in charge of my actions.
- ◆ I can take control of my life. (A scary concept for many people.)
- ◆ I'm responsible for my mistakes.



PERSONAL ACCOUNTABILITY MEANS **HONESTY**.

"I broke that." → Mistakes happen AND we are responsible for making amends and learning from them.

PERSONAL ACCOUNTABILITY MEANS **NO EXCUSES**.

"I pushed him **BUT** he didn't want to move." → Anything after the **BUT** is often an attempt to avoid responsibility.

PERSONAL ACCOUNTABILITY MEANS **ELIMINATING *YOU* STATEMENTS**.

"**YOU** made me so angry." → There's no blaming others for our behavior and emotions. We take responsibility for both.

Personal accountability does NOT mean you aren't allowing your child to explain what happened. Your child explains what happened **WHILE** taking responsibility for their actions.

Tell your child — "Personal accountability is a superpower that can help you **always** be in charge of your life."

Start a **culture of accountability** in your family so your children have the skills they need to take ownership of their lives.

