MODULE 4 · TAKING RESPONSIBILITY · WORKSHEET

Your first thoughts

Capture your own view before you hear anyone else's, then notice how other people's answers stretch it. Use it with steps 1 and 2 of the module.

Allow 10–15 minutes · Goes with steps 1–2

Name and date

1 What are your first thoughts when you think about taking responsibility?

What is the first thing you think of? Where do you already take responsibility?

2 What do you feel when you think about it?

Notice whether it feels heavy, energising, or something else.

3 Which idea of responsibility is closest to yours?

Note the speaker and the idea.

4 What did you hear that you had not considered?

How does it change or stretch your first answer?