

Name: _____

Date: _____

Directions: Review the Habits of Mind below. For each habit, think about how it connects to accountability. Then write a brief example of a time you demonstrated (or could demonstrate) this habit at work, school, or home.

Habit of Mind	What It Looks Like	My Example (work, school, or home)
Persisting	Sticking with a task even when it gets hard; trying new strategies when the first approach doesn't work.	
Managing Impulsivity	Pausing to think before acting or speaking; considering consequences before making decisions.	
Listening with Understanding & Empathy	Paying attention to others' ideas and feelings before responding; seeking to understand different perspectives.	
Thinking Flexibly	Considering multiple viewpoints; adapting when plans change or fail; being open to new approaches.	
Striving for Accuracy	Checking work carefully; setting high standards; taking pride in quality and attention to detail.	
Taking Responsible Risks	Trying new things thoughtfully, even when uncertain; stepping outside your comfort zone to grow.	
Remaining Open to Continuous Learning	Reflecting on experiences, seeking feedback, and actively working to improve over time.	

Connection to Accountability:

Habits of Mind help people make thoughtful choices, take responsibility for outcomes, and learn from every experience. People who practice these habits don't blame others -- they reflect, correct, and improve.