



## Active Reading Log Sample

Name \_\_\_\_\_

Date \_\_\_\_\_

Chapter: 2

Topic: Accepting Personal Responsibility

### TARGET QUESTIONS

### KEY TERMS

#### 1. What is personal responsibility?

*Taking ownership for the daily choices in your life and the outcomes of your decisions.*

#### 2. What are seven choices that you can make that lead to a better life?

*Choices that you can make that will lead to a better life include:*

- 1. Choosing not to blame others.*
- 2. Choosing not to make excuses and accept personal responsibility.*
- 3. Choosing not to whine or take on the victim role.*
- 4. Realizing there are consequences for bad behavior.*
- 5. Being accountable and accepting responsibility to change.*
- 6. Taking the steps needed to begin improving your life one step at a time.*
- 7. Choosing to make the best of situations.*

**Choice:** *A critical moment of decision that influences the outcome of one's life.*

**Victim:** *Keep doing what he/she has been doing even when it doesn't work.*

<b>3. How can accepting personal responsibility lead to a better life?</b>	
<i>Whatever your life situation there is always room to improve. By accepting personal responsibility for your life you can choose to make positive changes to make your life better.</i>	
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9.	
10.	