

# Responsibility:

## *let's talk about it!*

### WHY

The choices we make have consequences. Recognizing and accepting that fact is essential to leading a constructive and fulfilling life.

Choosing to make responsible choices is not easy. Young people today face distractions and influences which, even in the best of circumstances, challenge the notion of personal responsibility.

### HOW

The *I Am Responsible* workbooks have been created to stimulate discussion about personal responsibility in daily decision making.

Simple in design, our workbooks have been used in a variety of coaching/teaching environments.

We offer multiple versions of the *I Am Responsible* series:



Each version uses the 26 letters of the alphabet as prompts for reflecting on different aspects of personal responsibility. Interactive in nature, the workbooks challenge participants to select “responsibility words” that reflect their own perspectives and life experiences.

By selecting their own words and writing about how those words will impact their future decisions, users become engaged. This engagement makes it more likely that responsible decision making will occur in the future.

SAMPLE PAGES

Youth



I am responsible for being **TRUSTWORTHY**.

**Trust** is not automatic. People are not going to trust you just because you show up. **Trust** must be earned.

How? You earn the **trust** of others by your actions.

This is not as easy as it sounds. All too often we let our words create an image of ourselves that does not match the way we act. (See the letter "I.") This does not lead to **trust**.

It is equally important that we be consistent in how we act. Acting one way today and a totally different way tomorrow will not earn **trust**. The choice is yours. Do you want to be thought of as flakey or **trustworthy**?

I am responsible for...

What "T" word will you choose? Use your own or pick one from the back of this workbook.

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SAMPLE PAGES

Adult



*I am responsible for the JOURNEY that has become my life.*

The American philosopher, baseball player and sports commentator, Yogi Berra, once said: “You’ve got to be very careful if you don’t know where you are going because you might not get there.”

In fact we do know our final destination. The **journey** on this earth begins with our birth and will end with our death. That is certain. What happens in between is not.

The challenge is to recognize where we are today and to manage the decision points which will arise in the future. The fact that we know where the **journey** will end does not relieve us of the obligation to manage our choices wisely.

My own **journey** has evolved with the passage of time. With a bit of luck, it will continue to evolve.

*I am responsible for...*

There are many other inspiring choices for words that begin with the letter “J.” Which one will you choose?

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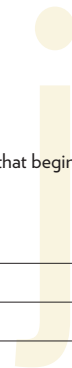
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SAMPLE PAGES

Faith Based

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*“The fruit of the Spirit is...self-control.” Galatians 5:22-23*

**I am responsible for exercising SELF-CONTROL in the choices that I make.**

**Self-control** does not rank high on the list of contemporary virtues. Whether it is sexual morality or the desire for material acquisition, we are constantly encouraged to indulge ourselves. Abandon restraint! Just go for it!

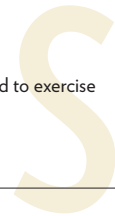
Too often hurtful and angry words seem to fly without concern for consequences. **Self-control** is pushed to the side. (See the letter “L.”)

But the Bible teaches us that **self-control** is a vital part of holiness (See the letter “H.”)

We must learn to think before we speak, to pray before we strike out at others, and to exercise self-control where we know we will face temptations.

***I am responsible for...***

Write about a situation in which you may need to exercise **self-control**.




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### Become a partner

Our workbooks are designed to augment what your organization is already doing, whether that is in the area of youth, adult, faith-based or prison ministry. A partnership can be customized for you, with the appropriate workbook and a guidebook for group leaders. We can also provide training. Brett Lunger, founder and CEO, Responsibility Publishing, is also available to speak to your group and sign books.

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### About Brett Lunger

Brett Lunger studied political science at Princeton University before enlisting in the Marine Corps during the Vietnam War. After returning from his tour of service, he taught at the Marine Officers Base School in Quantico, Va.

After leaving the Marine Corps, Brett embarked on a career as a professional race car driver. During his final three seasons, he competed in multiple Formula 1 Grand Prix races around the world.

Since retiring from motor racing, Brett has worked in marketing, sports promotion and investment management. Along the way, he became a licensed pilot. Today he provides free transport through charitable organizations for patients in need.