

## LESSON 17: ACCOUNTABILITY FOR GROWTH

### Vocabulary Word:

Accountability — Taking responsibility for one’s actions, decisions, and their consequences.

### Lesson Content:

In the pursuit of personal growth, accountability plays a crucial role. It requires a person to take ownership of:

- » choices,
- » actions, and
- » outcomes.

Embracing the concept of accountability allows us to develop self-awareness, learn from our mistakes, and make positive life changes.

During my time in prison, I realized the significance of accountability in shaping my future. I acknowledged that the decisions I made and the actions I took had led me to this point. By embracing accountability, I began to see opportunities for growth and transformation. I understood that by taking responsibility for my choices, I could move forward with purpose and create a better life for myself.

In *Earning Freedom: Conquering a 45-Year Prison Term*, I wrote about the steps I took to persuade universities to admit me, even though I had been a terrible high school student and did not have financial resources. By holding myself accountable, I could create a clear plan that would lead to more opportunities.

Start creating your personalized accountability plan to prepare for your success after release. To embrace accountability for personal growth, follow these steps:

## **Reflect on Your Actions:**

Take time to reflect on the choices you have made and their consequences. Recognize the impact they have had on your life and the lives of others. Honest self-reflection is the first step toward accountability.

## **Accept Responsibility:**

Acknowledge that you have the power to change your circumstances. Accepting responsibility for your actions empowers you to make different choices and take positive steps toward personal growth.

## **Learn from Mistakes:**

View mistakes as learning opportunities. When you misstep, analyze what went wrong and identify the lessons you can take from the experience. Use these insights to make wiser decisions in the future.

## **Set Clear Goals:**

Establish clear and measurable goals for your personal growth. These goals will serve as a roadmap, guiding your actions and holding you accountable for making progress.

## **Seek Support:**

Surround yourself with individuals who encourage and support your journey toward personal growth. Seek mentors, counselors, or fellow students who can provide guidance and hold you accountable to your goals.



## QUESTIONS AND ACTIVITIES: IN ONE HOUR, ANSWER AS YOU DEEM APPROPRIATE

How do you define accountability and its importance in personal growth?

Share an experience where embracing accountability helped you overcome a challenge or make positive changes in prison.

How does taking responsibility for your actions contribute to personal development?

How can accountability help you prepare for a successful life after release?

What goals have you set that require accountability during the time you serve?

### Activities for personal development:

Reflect on a recent situation where you could have taken more accountability.

Write how you could have approached the situation differently and the potential positive outcomes that could have resulted from taking responsibility.

Identify one action you will take to hold yourself accountable and foster personal growth moving forward.

Remember, embracing accountability is not about dwelling on past mistakes. It's about taking control of your future. By holding yourself accountable, you can make positive changes, grow as an individual, and lay the foundation for a successful life beyond prison walls.

Stay committed to your personal growth journey and embrace the power of accountability!

