



What is accountability?

Think about the word **accountability**. What does it mean to be accountable—to yourself, to your family, to your boss and coworkers?



Accountability is owning your actions, both the good and the bad.

It's caring about the quality of your work, words and actions.

It's also about being willing to:

- admit mistakes
- take responsibility for mistakes
- learn from mistakes

How accountable we are depends on our situation and our values. Being accountable, though, can make a big difference in how other people see us, and how we see ourselves.

Good accountability helps make our relationships better. It can make us feel better about ourselves, too.



Let's talk about it

- What does accountability mean to you?
- Does it mean something different at home than at work, or in the community?
- What's the best thing about being accountable?
- Why can it be hard to be accountable?