

Parent Newsletter

100% Accountable

Teaching Students Responsibility

The **100% Accountable** mindset teaches the importance of being responsible for our own happiness and success. Being 100% Accountable means deciding not to be victims of the past and recognizing that the future is not predetermined, so our lives are what we choose in the present moment and each one moving forward. In these lessons, we help students focus on recognizing our fears and excuses. This mindset is about the importance of breaking down barriers and taking responsibility for our thoughts and actions. It also allows us to free our minds and focus our energy on taking the critical steps towards our goals.

The 4 critical components of 100% Accountable:

1. **Own Your Life** – If we give away the freedom to act and think for ourselves, we’re more likely to become victims. This happens when we allow the opinions of others and their actions toward us to matter more than our own feelings toward ourselves. We must begin the process of owning all aspects of our lives and actions, and take responsibility for every moment and situation. When we do, we prevent others from asserting control of our lives.
2. **Overcome Limiting Beliefs** – The greatest limitations in our lives are those we place on yourself. These come in the form of fears, excuses, and what we call the counter mindsets. It is these limiting beliefs that distort our belief systems and drive ineffective or destructive behaviors. We can, however, reprogram our thinking to overcome and eliminate limiting beliefs.
3. **Focus Your Energy** – The people who get the most out of life do the most with the 24 hours each day that we all have. These individuals spend more time doing things that give them energy and use this energy to learn and accomplish what’s most important to them. We must constantly restructure our time in order to get the most out of the moments we have. When we do this each day, we take powerful steps toward reaching our dreams.
4. **Grow Through Life** – Life is about learning, and it’s a process of continual growth. We must recognize this and seek growth from all experiences, good and bad. When we do, we are constantly getting better. We must also proactively develop our strengths and build new skills. As we do this, we truly become 100% Accountable and capable of creating the lives of our dreams.



Top 5 Dos and Don'ts at Home:

- 1) **Do** model the 100% Accountable mindset at home by taking responsibility for your actions and the control you have over your destiny. How we use our time determines whether we get the most out of each day, which in turn affects our future. It is important to maximize our time by doing things that energize and fulfill us, because these activities will help take us toward our best possible lives.
- 2) **Do** realize the importance of growth in everyday life. It's important to see that how we spend our time reflects what is important to us. Some of our routines and tasks are productive and make us stronger, while others have no benefit, weaken us and may be counter-productive to living a great life. How we use our time determines whether we get the most out of each day, which in turn affects our future.
- 3) **Don't** blame others for what has happened to you. When you blame or resent others, you focus a lot of time thinking negatively. This prevents you from doing what you need to do to live your dreams.
- 4) **Don't** harbor ill will toward others or allow your child to let the actions of others become obstacles for them. By holding onto anger, you cannot move forward to live your best life. Many of us have had very difficult circumstances, but it is important to recognize that we control our destinies from this moment forward.
- 5) **Don't** make excuses. When your child sees you making excuses for why you can't do something, they are likely to reflect that same mentality and find excuses for why they can't do something as well. Our greatest limitations are those we place on ourselves. When you make excuses, you are beaten before you even try.

Activities to Do with Your Child:

- 1) Recognizing My Resentments- [link](#)
- 2) No Excuses - [link](#)
- 3) My Empowering Activities - [link](#)
- 4) A New Level - [link](#)