

100% ACCOUNTABLE

IDEAS FROM YOUR RIDICULOUSLY AMAZING SERVICES TEAM!

MINDSET FOCUS

100% Accountable empowers us to take ownership of our happiness and success by recognizing that our choices, actions, and attitudes shape our lives. Through this mindset, we learn to let go of excuses, focus our energy on solutions, and develop resilience to overcome challenges, enabling us to thrive and achieve our dreams.

The lessons in this unit are:

- 4.1 Own Your Life
- 4.2 Overcome Limiting Beliefs
- 4.3 Focus Your Energy
- 4.4 Grow Through Life



Explore:

- Activities, games & more in the [Resource Hub](#)
- Self-reflect with the [Educator Life Plan](#)

MINDSETS MUSIC



- 1 *What I Am*
Will.I.Am
- 2 *Make It Right*
Kidz Bop Version
- 3 *This is Me*
The Greatest Showman
- 4 *Stronger*
Kidz Bop Version
- 5 *High Hopes*
Panic at the Disco
- 6 *Stand By Me*
Ben E. King
- 7 *Hall of Fame*
The Script



**What's on your building's
100% Accountable playlist?**

PRACTICE THE 100% ACCOUNTABLE MINDSET @ HOME

Family Goal-Setting Night

Focus: Building accountability through shared goals

Activity: Once a week, have a Family Goal Night where everyone picks a personal or shared goal for the week. Write them on a poster titled "We're 100% Accountable!"

Follow-Up: At the end of the week, celebrate progress and reflect together:

- What helped us stay on track?
- What will we do differently next week?



Build a Family "Wall of YET"

Focus: Celebrating growth and effort

Activity: Turn a wall or fridge into your Family Wall of YET. Each family member writes something on a post-it note they're still working on but haven't mastered – followed by the word "yet."

Add Progress: As family members improve or reach milestones, update the wall with new goals. Discuss how effort and adjustments help you grow.

Reflection Jar

Focus: Building awareness and shared accountability

Activity: Create a jar filled with discussion prompts. Read one together at dinner or bedtime. Everyone takes a turn sharing.

Sample Prompts:

- "What's one thing I could've done better today?"
- "How did I help the family today?"
- "What's a mistake I learned from recently?"

Goal: Keep the tone positive and supportive, focusing on growth, not guilt.



Family Accountability Team Challenge

Focus: Practicing shared responsibility

Activity: Hold a family "team huddle" and assign simple home responsibilities for the week. Everyone picks 1–2 jobs. Create a chart to track progress.

End-of-Week Wrap-Up: Celebrate as a team – talk about what went well and where adjustments are needed. Maybe even earn a group reward (game night, treat, or outdoor play).

MAKE THE MINDSETS VISIBLE

Encourage school-wide participation, fostering a sense of community and shared purpose!

Success is a team effort! When we set goals, it's easy to lose momentum on our own—but having an accountability buddy helps us stay on track.

Encourage your students to find their **Partner in Progress** and highlight this initiative on campus by creating a **Goal Tracker** display or asking students to shout out and celebrate each other as they see each other achieving milestones!



In their content area classes, students reflect on a specific skill or concept they've learned and create a **Growth Journey Map** showing their starting point, challenges faced, steps they took to improve, and their final achievement or next goal. Students can design their journey maps as roadmaps, mountains to climb, or rivers flowing toward a goal, incorporating images and captions to highlight their effort and growth.

Create an interactive **"I Am" Gallery** or an **"Affirmation Station"** to showcase the **Overcoming Limiting Beliefs** lesson across campus. Students can contribute their personal positive affirmations, goals, and visuals that reflect their commitments to growth and success. Display the boards in high-traffic areas like hallways or cafeterias, and add interactive elements like sticky notes for others to share notes of encouragement and words of affirmation!



Host a month-long **Growth Challenge Bingo** game. Ask students to fill out a blank bingo card with their own growth-oriented challenges like "try something new," "ask for feedback," or "have less screen time." Students complete challenges at their own pace, fostering accountability and personal growth. Celebrate progress with incentives for completing rows or the entire card, and encourage reflection on how these challenges help build a mindset of responsibility and self-improvement.



CONTENT CONNECTIONS

Reinforce the mindsets in your subject areas!

SOC. STUDIES

“I am a History Detective” Journals

During inquiry-based lessons, have students keep a journal with entries like: “What I learned today ...” “A question I still have is ...” “One thing I could have done better in my work/research today is ...” This encourages reflection, ownership of learning, and personal responsibility for improving.

SCIENCE

Science Accountability Exit Slips

Hand out exit slips after science lessons. Include questions like “What’s one thing I need to review before our next investigation?” “What questions do I still have?” and “What did I do today that helped me learn?” These help students build their reflective practice and track their growth and learning journey.

MATH

Fix It & Grow

Allow students to correct mistakes on previous assignments to regain partial points. Require a reflection sentence explaining what they misunderstood or how they corrected it. This reinforces that learning is a process, and we are in control of our growth.

STEM/STEAM

Attitude of Gratitude

STEM Gratitude Tree:

Students write thank-you’s for tools, teammates, or discoveries.

READING

Reading Goals & Progress Tracker

Have students set personal reading goals (e.g. I will finish 3 chapter books this month, I will try a nonfiction book this week, I will ask for help when I don’t understand a word.). Use goal sheets or reading journals to track progress and meet regularly with students to discuss their efforts and growth. This helps students build responsibility for their own reading efforts and growth.

WRITING

“Before I Say I’m Done” Checklist

Create a visual checklist students must use before turning in writing including the following prompts: Did I reread my writing? Did I fix capital letters and punctuation? Did I add details? Did I try my best? This helps students build responsibility and pride in their finished project.

ARTS

The Time is Now

2-Minute Sketch Warm-Up:

Students draw something from their surroundings.

PHYS. ED

Passion First

Choice Warm-Ups

Let students pick their warm-up activity to discover what they enjoy most.

7 MINDSETS NOTES

SCHOOL/DISTRICT

DATE

Blank area for notes.