

# 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 *Anti Hero*  
Taylor Swift
- 2 *A Million Dreams*  
The Greatest Showman
- 3 *Lean On Me*  
Bill Withers
- 4 *Don't Give Up (On Me)*  
Andy Grammer (Clean Version)
- 5 *Try a Little Kindness*  
Glen Campbell
- 6 *Better When I'm Dancin'*  
Meghan Trainor
- 7 *Cover Me in Sunshine*  
Pink & Willow Sage Hart



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

## PRACTICE THE 100% ACCOUNTABLE MINDSET @ HOME

### "Own It" Weekly Family Check-In

*Purpose:* Strengthen personal accountability through regular family reflection.

*How It Works:* Choose a consistent day for a 15-minute family check-in. Each person reflects on:

- 1 thing I'm proud of this week
- 1 thing I could've handled better
- 1 goal I'm setting for the next week

Use a shared notebook or other way to document to track everyone's reflections and progress. Keep it positive and solution-focused.



### "My Choices, My Future" Decision Map

*Purpose:* Help students see how daily decisions shape long-term goals.

*How It Works:* Each family member chooses a short- or long-term goal (college, fitness, etc.). Together, create a "Decision Map" on paper that includes:

- Current habits
- Obstacles
- Daily actions that support or hurt progress
- One change to improve outcomes this week

Talk about how accountability aligns between goals and actions.

### Real Talk Roundtable

*Purpose:* Build meaningful family dialogue about responsibility and growth.

*How It Works:* At dinner (or relaxed family moment), try one of these deeper prompts:

- "Tell about a time when not owning your actions cost you something."
- "What's something you used to blame others for — but now take responsibility for?"
- "What's a mistake that taught you something important?"

Everyone shares. Be vulnerable and honest.



### Family Responsibility Contract

*Purpose:* Build mutual accountability/reduce conflict.

*How It Works:* Create a family agreement where each person writes 1–2 responsibilities they commit to consistently at home (e.g., completing homework before screen time, driving younger siblings, etc.). Include a statement like:

"If I miss something, I'll own it and find a way to make it right — not blame, argue, or avoid."

Have everyone sign it, post it, and review monthly. Let it grow with the family.

## 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

### Historical Accountability Debates

Have students participate in debates on who should be held accountable in major historical events (causes of WWI, US internment camps, etc.). Assign students roles or perspectives. Require them to back up their statement with evidence-based reasoning, and end with reflection "how does accountability affect justice." This encourages critical thinking skills and responsibility in interpreting history.

## SCIENCE

### Science in the Real World: Responsibility Challenge

Have students investigate a scientific issue that demands human responsibility (e.g., climate, pollution, vaccine development). Have them reflect on these questions:

- What role does accountability play in solving this issue?
- What can individuals and scientists do to be accountable?

## MATH

### Growth Tracking Portfolios

Have students maintain a portfolio or digital tracker of assessments, corrections, and reflections. Include space to record errors, explanations, and strategies for improvement. Have students reflect "What will I do differently next time?" This helps reinforce self-monitoring, growth mindset, and accountability for efforts.

## STEM/STEAM

### Accountability Literary Response Prompts

Enhance standard literacy responses with these reflective prompts:

- "What habits helped or hurt my understanding of this text?"
- "How did I stay open to unfamiliar perspectives in this reading?"

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## WRITING

### Revision Plans with Accountable Peer Review

Have students meet with a peer to gather feedback on their writing. Once they've received their feedback, students must identify 2-3 areas to revise, write a "revision action plan" and then reflect after writing "how did this improve my writing?"

## ARTS

### 100% Accountable: Art Studio Jobs:

Students manage cleanup, material return, and workspace care.

## FOREIGN LANG.

### The Time is Now: Daily Quick Chat

Start class with a one-minute conversational exchange.

# 7 MINDSETS NOTES

**SCHOOL/DISTRICT**

**DATE**

Blank area for notes.