



Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

ACCOUNTABILITY SELF-STUDY

Select a PERIOD OF TIME that you will focus on: _____

Part A) Rate your performance on the following:

1 = POOR

10 = OPTIMAL



1) ... being reliable, doing what I said I would do when I said I would, and preserving trust by timely communication when I am unable to fulfill my commitments.

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2) ... doing the right thing; not doing anything that might hurt others (bullying, hazing, spreading rumors) or myself (breaking rules, engaging in unsafe behaviors).

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3) ... presenting events/facts truthfully, without distorting, omitting, or blowing things out of proportion.

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4) ... admitting mistakes or actions that might have done something hurtful to others or the team; not making excuses; holding myself accountable for the consequences of my words and actions.

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5) ... respectfully confronting those who engage in wrong, unethical, or unsafe behavior; holding teammates accountable for doing the right thing.

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Part B) List what you could do **BETTER or DIFFERENTLY** in the future for more optimal **accountability**: