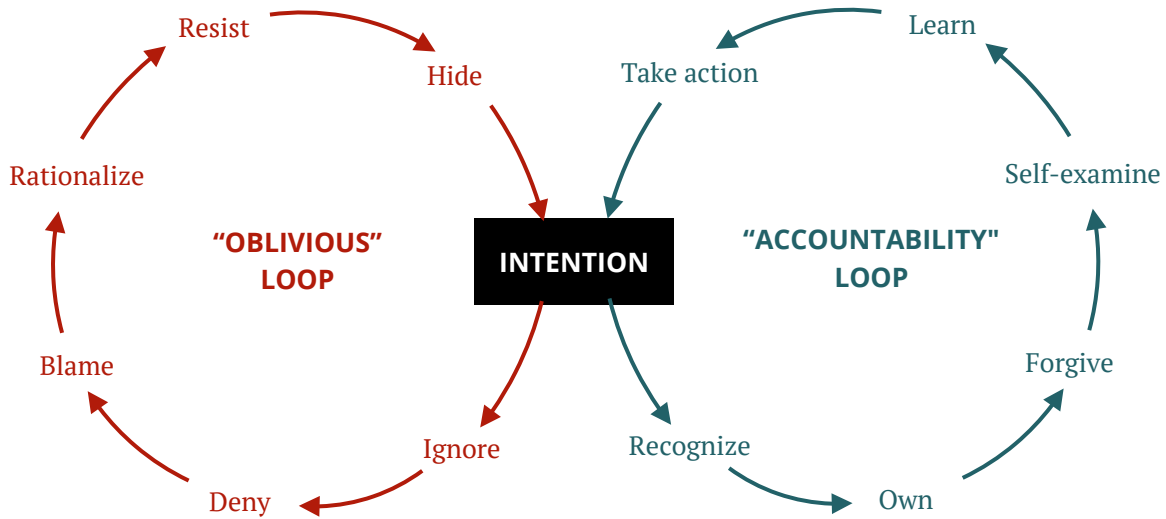


# Personal accountability

Influencing others to perform some activity is much easier when they trust us. Although trust takes time to fully develop, it has its seeds in the observations other people make of our own behaviour. We do not live in a vacuum; our behaviour is on display for others to see. If they observe someone who takes accountability for his or her actions and learns from his or her mistakes, they will be much more likely to want to help when asked (Samuel & Chiche, 2004).



The answers to the following questions can help you to develop personal insight into your decisions, and make the one that is right for you.

Describe a decision you have to make.		Who does this decision impact?	
What does logic suggest you do?		What would your role models tell you about this decision?	
What does your gut tell you is the right thing to do?		What are the positive consequences of this decision?	
What are the potential consequences of this decision?		What are the negative consequences of this decision?	