

Be Responsible

Every day you make choices—what your mood will be, how you treat others, the words you use, and more. Making responsible choices is part of HABIT 1: BE PROACTIVE.



Epictetus was born a slave around 55 AD. Despite being a slave, he found ways to learn.

When he was freed at age 13, he could have chosen to complain about being a former slave. Instead he chose to become a philosopher and teacher in Rome.

About 93 AD the Roman Emperor banished all philosophers. Again, Epictetus could have chosen to do nothing. Instead he chose to start a school in Greece. Epictetus made responsible choices.

It's not what happens to you, but how you react to it that matters.

FIRST SAY TO YOURSELF WHAT YOU WOULD BE IN LIFE; AND THEN DO WHAT YOU HAVE TO DO.

How do these Epictetus quotes encourage you to be responsible?

RESPONSIBLE CHOICES

Read each scenario. Write a response showing responsibility.

Scenario

EXAMPLE:

You are involved in a group project but no one is doing anything.

Your family will be moving to a new city. You don't want to leave your friends.

Your mom makes something for dinner you really don't like.

You say something that hurt someone's feelings.

You spent all your money and now you really want to buy something else.

Responsible Choice

I would break the project into smaller parts and ask each person which part he or she wants to do.