



SYP Tool: Take Responsibility

Title: Excuses, Excuses

Objective: Take responsibility for commonly used excuses

Resources: Excuses worksheet

Setup: Sometimes people use excuses to blame someone or something so that they are relieved from admitting a mistake or from solving a problem. Making excuses is a form of giving your power away. It's where you aren't taking responsibility for your actions, decisions, and choices in life and deferring the blame onto someone or something else.

Activity: Have the participants complete the worksheet. Have them add a couple of their own excuses to the page or ones they have heard within your organization.

Debrief:

- Why do we use excuses?
- Think about a time that you made an excuse to avoid a negative consequence. What happened? How did you feel?
- What can you do to begin taking responsibility for your actions, decisions, and choices?
- We looked at common verbal excuses. What does it look like to take responsibility through your actions?