



Day 42

Beloved Peacekeepers,

Accountability - the word brings up many thoughts!!! The interpersonal journey continues as we take responsibility for our actions with ourselves and others -- accountability is owning, and being responsible for our thought, our words, our deeds -- including how others may interpret them.....

Today's Principle, Today's Practice - ACCOUNTABILITY

In conflicting situations, personal accountability allows us to take responsibility for how we contribute to the conflict. Today, take responsibility for how you contribute to a conflict and make a different choice that can lead to a peaceful resolution.

Ask yourself: In what areas of your life are you accountable for your own actions and agreements? In what areas are your parents still accountable for your behavior, or that you hold them accountable for your actions/behavior? How often are your decisions based on personal accountability. How often are they based on not wanting to be caught or punished? What is the difference? How can you be accountable without accepting blame? What is the difference? How does being accountable for your choices and actions contribute to a better community? What constitutes violent thoughts? Violent words? How often do we think things and say things that contribute to violence in our relationships and in our community?

Activity - Be accountable for your words. Today make a list of every thought you think and every word you speak that is violent (i.e., judgmental, critical, unkind, diminishing). Every time that you become aware neutralize what you have said, by repeating to yourself, "cancel"/"erase"/"delete".

Next, replace the violent thought or word with words that are healing. Write down the healing words opposite the violent ones. What did you learn about yourself? What did you learn about being accountable? Notice that only when you become accountable are you able to take charge and make a change.

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider this Quotes on Openness:

Accountability in friendship is the equivalent of love without strategy. - Anita Brookner

'The greatest discovery of our generation is that a human being can alter his life by altering his attitudes.' - William James

"Duties are not performed for duty's sake, but because their neglect would make the man uncomfortable. A man performs but one duty - the duty of contenting his spirit, the duty of making himself agreeable to himself." - Mark Twain

"It often happens that I wake up at night and begin to think about a serious problem and decide I must tell the Pope about it. Then I wake up completely and remember that I am the Pope." - Pope John XXIII

"The most important quality I look for in a player is accountability. You've got to be accountable for who you are. It's too easy to blame things on someone else."
-Lenny Wilkins

Our particular principles of religion are a subject of accountability to God alone.- Thomas Jefferson

Commit to being personally responsible for achieving your goals. If part of a team, be sure that accountability is clear. - Leonardo Da Vinci

By means of rigorous dedication to our values and guiding principles, we manifest a natural accountability for our commitments, actions, and community participation. We are thoroughly principled and constructive. - UCORS Guiding Principle

Today, walk your talk - own your choices, be accountable to yourself and God!

Blessings,
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