

RESPONSIBILITY Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How RESPONSIBILITY leads to Happiness and Success

No one describes responsibility better than Nathaniel Branden, author of more than fifteen books, in his best-seller *Taking Responsibility*. “If we wish to achieve happiness, and not merely wait for events or other people to make us happy, we need to grasp how intimately happiness is tied to self-responsibility and specifically ... taking responsibility for our emotions.” It “begins with the recognition that I am ultimately responsible for my own existence; that no one else is here on earth to serve me, take care of me, or fill my needs; I am the owner of no one’s life but my own. I have the choice to operate mindfully or mindlessly or anywhere between. Self-responsibility entails my willingness to be accountable for my choices, decisions, and behavior ... for thinking about the consequences of my actions... I am responsible for how I deal with other people... If I behave destructively toward them, I can’t claim that they or anyone else “made me do it.” I do not give away my power or delude myself that others have power over me in ways that they clearly do not ... self-responsibility implies my willingness to be accountable for the ideas and values by which I conduct my life... This entails intellectual independence: the willingness to think for myself and act by the judgment of my own mind... No one owes me happiness.” To sum it all up, Nathaniel Branden tells us that how much responsibility we take in life determines our personal power.

Mindsets for Happiness and Success



RESPONSIBILITY

We are responsible for our choices, our behavior, our mistakes and, ultimately, our own happiness.

How to talk to kids about RESPONSIBILITY

Responsibility is one of the most important mindsets we can teach our children because of the impact it has on their individual happiness, as well as their relationships with others. Most children, and many adults, do not understand the many different ways we can be responsible. The most basic level is about taking responsibility for our physical being and our personal belongings. The next step up is being responsible for our part in a family unit, an organization, team, group project, or community. The third level of responsibility - that most of us seem to ignore or deny - is being accountable for our choices, our behavior, our mistakes. At the highest level, we assume responsibility for our own happiness. The LET'S TALK about LIFE conversation starters for Responsibility help you discuss with your children ten critical ways we can all be responsible in our lives.

[Download LET'S TALK - Responsibility](#)

PICK-UP Partners

Most parents spend anywhere from 15 to 45 minutes a day picking up and putting away stuff that kids leave out: clothes, shoes, backpacks, wet towels, toys, dishes, milk cartons, video game equipment, toothbrushes, you name it. At 30 minutes a day, that adds up to 182 hours a year, or 22 eight-hour days of work. Wow! That's like a month of vacation!!

PICK-UP PARTNERS can get you out of that habit quickly and give the responsibility back to the children — where it belongs. Kids should be responsible for picking up their own things and cleaning up their own messes. Here is how it works: Your children take turns each week being the family Pick-Up Partner, using a basket or a box to pick up what's left out at the end of the day. Everyone's stuff. Talk to them about how being grown-up means taking on more responsibility and along with that comes privileges. Points are earned and lost for items left out. What usually happens is that the kids realize how much work it is, and they start nagging each other to pick up their own things. What an unexpected bonus that is!



[Download PICK-UP Partners](#)

The HappyHome ELVES and the Key to RESPONSIBILITY

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for RESPONSIBILITY

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of June, all about RESPONSIBILITY and a Happy Father's Day.

DATES with DAD



The most important responsibility a father has is to pass on life lessons that he believes will create a happy and successful future for his children. There is no better way to have those memorable conversations than sharing time with someone one-on-one. And nothing makes a child feel more cherished than a parent inviting them to spend time “just the two of us” and doing “whatever you like.” These DATES with DAD can be anything; an all-day fishing trip, an afternoon at the movies, watching a baseball game, or breakfast at the family’s favorite diner. The important thing is that you plan time together, just the two of you. The DATES with DAD envelopes are specially designed to make it simple and memorable. One side is an invitation that Dad fills in and leaves somewhere that is easily discovered...

Privileges and RESPONSIBILITIES



Although some parents keep hoping, children don’t magically become responsible when they turn eighteen. It’s something parents need to keep working on as kids grow up. Teenagers want to be treated like adults and given adult privileges. But they still want you to cook, clean, do laundry, find missing items, fill out forms, AND hand out money, while they run around having fun with their friends. They think they deserve more privileges simply because they are older. It’s not age that determines adulthood, but rather the responsibilities a person takes on. The secret to raising responsible kids is letting them know (as early as possible) that they can earn more privileges simply by assuming more responsibilities. If you can introduce this concept to your children when they are young, you are way ahead of the game - and will experience less battles with teenagers down the road.

Seven DAYS of DAD



Show Dad how much you love him - and how much you appreciate everything he does for the family - by celebrating Father’s Day all week long. Create a list of 7 favors/tasks the kids could do to help Dad with some of his “responsibilities.” Talk about how hard it is for parents to have so many responsibilities that need to get done every day, every week, or every month. They can’t just decide they don’t feel like doing something because people depend on them. The 7 mini gift boxes are easy to put together. Just cut and fold the boxes, write the tasks/treats on the cards provided, slip them into the boxes, and tie each one with a ribbon. You might include tasks like; take out the trash, help with the yard work, or wash the car. Make a special breakfast for Father’s Day and present the 7 gift boxes to DAD then. Tell him he can open one each day and that he can cash in on the favor/task/treat anytime during that month...

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