



Welcome



Why This Workbook Matters

Growing up is exciting.

With every new privilege comes new opportunities, new freedoms, and new responsibilities.

Sometimes responsibility can feel like a list of chores, rules, and expectations.

But responsibility is much more than that.

Responsibility is how we learn to become trustworthy.

It is how we learn to serve others.

It is how we prepare for adulthood.

Most importantly, responsibility is one of the ways God helps us grow into the people He created us to be.

This workbook is designed to help you take ownership of your growth, track your progress, and celebrate your accomplishments along the way.

Remember:

Privileges and freedoms grow best when they are supported by responsibility.

At Foundation & Flight, we call this growing strong roots and healthy wings.

Strong roots help you develop character.

Healthy wings help you launch into adulthood with confidence.

Let's begin.



Character Before Chores



Why Character Matters

A responsible person is not simply someone who completes tasks.

A responsible person develops character.

Character determines what we do when nobody is watching.



Character Self-Assessment

Rate yourself from 1–5.

Honesty

1 2 3 4 5

Responsibility

1 2 3 4 5

Respect

1 2 3 4 5

Self-Control

1 2 3 4 5

Dependability

1 2 3 4 5

Initiative

1 2 3 4 5