

## WEEK 19

### ACCOUNTABILITY

*“It is a rough road that leads to the heights of greatness.” –  
Moral (Clone Wars: Storm Over Ryloth)*

To err is to human to forgive is divine. But are you accountable for your mistakes? Do you inspire people?

Today there is an accountability crisis. People avoid being held accountable for their actions. When they do or say something wrong, they avoid taking ownership. Blame is allocated elsewhere. Fault can always be assigned. The status of “victim” or a person’s identity can be used to excuse the behaviour or justify it.

We live in a world where the consequence for bad behaviour and poor performance are routinely avoided, argued away, and dismissed.

This should not be the way. When a mistake is made, we should owe up to it and commit to doing better. If at fault, we should accept it and the consequences that it carries. We should learn from our mistake and use it to avoid a repeat. You can own your feelings and mistakes.

No one is perfect. At times everyone thinks, says, and acts in ways that they are ashamed of or regret later. By being accountable we learn to accept that we are only human and have the right to make mistakes and learn from them. We learn that we made mistakes and are not a mistake.

By owning and learning from mistakes we build a value system from an early age. We earn our place in the family unit, social group, community, and society by being accountable. Being accountable is to be a social creature made to work with others, a human being.

So why is it so hard for so many people today to face up to their mistakes, own feelings, admit wrong, apologize to others, and make amends? The Jedi and Sith provide an answer:

A Jedi is fundamentally different from a Sith in that she will always be accountable for her conduct. This is because a Jedi is self-reliant, self-assured, and grounded enough to know that shirking accountability and blaming others betrays their inner system of values. Most of all it hurts others as well as themselves. A Jedi is gracious enough to quickly admit a mistake, seek to make amends and resolve not to do it again. A strong sense of self and self-discipline will help turn out thoughts of denial, blame, resentment, and self-pity.

A Sith by comparison is a narcissist who is unable to show and feel empathy. They display a grandiose disregard for others and care only for themselves. A Sith is never at fault, other people are the problem, not they. Mistakes are never made unless they are caused by others. Blame is always deflected. Where a Sith perceives a wrong done, he will seek restitution or revenge. Being narcissistic, a Sith personality will fly into rage and will bully, threaten, and accuse others of wrong. The Sith relish in the failings of others and use it to prop their egos up.

The Sith, like narcissists everywhere are weak and fragile self-loathing people who hide their true selves by projecting their faults on to others. They instil fear, anxiety, and self-doubt in other people so that they can maintain a level of control. The chaos and insecurity they create is debilitating to those around them.

There is a Jedi in all of us and there is also a little bit of the Sith. The next time you find yourself on shaky ground after an emotional outburst or a mistake will you own it, or will you be like a Sith refuse to take accountability? Will you work on being accountable and set an example to others? Will you inspire fear or greatness in others?

**DAY 127**

*“I seek a great warrior” – Luke Skywalker*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 128**

*“Wars not make one great.” – Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 129**

*“Away put your weapon. I mean you no harm.” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 130**

*“In the end, cowards are those who follow the dark side.” -  
Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 131**

*“You are responsible, Ahsoka. These men are depending on you, and this time, so am I.” - Anakin*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 132**

*“You don’t have to look tough to be tough”. – Ahsoka Tano*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**




**DAY 133**

*“You don't have to carry a sword to be powerful. Some leaders' strength is inspiring greatness in others.” - Ahsoka Tano*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


## WEEK REVIEW

Reflect on your daily practices and personal goals for the week.  
How did you do? Where can you refocus your attention?

Meditation:


Physical Exercise:


Diplomacy:


Awareness:


Self-Discipline:
