

# RESPONSIBILITY



**Start  
With  
Sorry**

Week 2

## Start With Sorry: The Repair Readiness Top Ten

### Empower

- Last week, we explored how responsibility strengthens our home. But recognising when we've made a mistake, apologising, and making things right also require self-discipline—and it's just as important as daily chores! Practicing self-discipline helps us not only meet our responsibilities but also have the courage to start with sorry when things go wrong. Repairing relationships makes every member of the family feel trusted, respected, and safe.
- This week, you'll learn that self-discipline isn't just about "doing your job"—it's also about owning up, apologising, and restoring trust at home.

### Discussion: Build Your "Repair Readiness Top Ten"

#### Invite your family to discuss these guiding questions:

Self-discipline means not just doing what's expected, but noticing when you've slipped and being brave enough to admit it.

- What does it take to recognise you were wrong and say sorry?
- When is it hardest to apologise or repair something in the family?
- What helps you follow through and make things right—even when you don't feel like it?

#### As a family, create a "Repair Readiness Top Ten List":

- What moments at home require extra courage and self-discipline to apologise or fix (e.g., admitting you broke something, saying sorry for a harsh word, cleaning up after a forgotten chore)?
- What apology or repair steps take true effort (e.g., speaking up first, writing a note, offering to help)?
- How can you encourage each other to take the first step to start with sorry?
- Write your Top Ten on a family whiteboard or poster as a reminder of the many ways self-discipline fuels apology and repair at home.



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## Journaling

Choose one or more to reflect and grow:

- **DRAW:** Illustrate a moment when you used self-discipline to apologise or fix a mistake at home.
- **DO: Set a goal for the week:** Each time you notice a slip or forget a responsibility, practice “starting with sorry.” Track your apologies and repairs, and notice how it feels to make things right.
- **WRITE:** Think of a mistake you made recently. Write out how you recognised it, apologised, and what steps of self-discipline you used to repair (or wish you had used).

## Gentle Action

Sometimes we avoid fixing things or apologising because it feels too big—but many repairs and apologies take only a few minutes and make a *huge* difference!

- List it out: Make three columns:
  - 5-minute repairs/apologies (e.g., say sorry for a tone, pick up after yourself)
  - 10-minute repairs/apologies (e.g., help with a missed chore, write a kind note)
  - 15-minute repairs/apologies (e.g., have a heart-to-heart, offer extra help after a mistake)
- Share your list with the family and see who can complete a “repair” from each category this week. Celebrate every effort!

## Why This Matters

Self-discipline isn’t just about chores or routines—it’s about building the strength to start with sorry, even when it’s uncomfortable. Every time you own a mistake and repair it, your home becomes a kinder, more trusting place for everyone.

**Remember:**

**It only takes a moment of self-discipline and courage to say “I’m sorry” and make things right—but those moments shape a lifetime of strong, kind relationships.**

