

ACCOUNTABILITY

ac·count·a·bil·i·ty

/əˌkoun(t)əˌbilədē/



The state or condition of being responsible and answerable for one's actions or decisions.

We tend to be more productive and stick to our goals when we have someone to report to, someone to hold us accountable. By nature, we don't want to disappoint others.

Choose an accountability partner. It could be a friend, relative, or spouse... someone who will check in with you on a regular basis to monitor your progress. That person will not be afraid to set you straight and tell you the ugly truth while giving you the encouragement you need.

JOURNAL EXERCISE:

Who can I ask to be my accountability partner on this journey? How will they best support me? Will they actually hold me accountable?

Put your timer on for 3 minutes and write everything that comes to mind in regard to this question:
