

Think of the word accountable. It means to give an account. When someone knows what your goals are, they help hold you accountable. Whether it is someone else going through this program with you (have you thought about inviting a friend to join you on this one-year journey?) or just someone you can give the basic idea to, having a person who can hold you accountable will give you another added boost to accomplishing your goals!

QUESTIONS FOR REFLECTION: Q. Have you written down your goals so they can be made “objective”?

Q. Do you hold yourself accountable? Are you ruthlessly honest with yourself?

Q. Do you have a person or a group of people in your life who can hold you accountable? Are you willing to not only give them the authority to speak into your life, but also listen to them? _____

Q. Do you have a regularly scheduled time frame in which you will be accountable to yourself or another person? _____

ACTION POINTS:

1. Write down your goals so they are “objectively” set.

2. Ask someone who cares about you, but who can be tough and honest with you to hold you accountable to working on and achieving your goals.
3. Make a commitment to be ruthlessly honest with yourself and with your accountability partner.
4. Set the time frames in which you will hold yourself accountable or your accountability partner will hold you accountable.