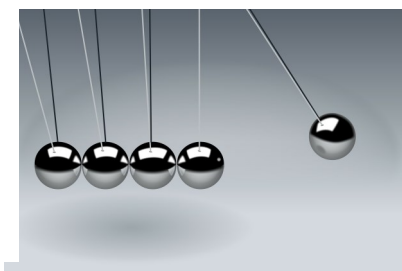




GOAL SETTING

MODULE 7: PLANNING ACCOUNTABILITY

Action Steps... Getting
closer to reach my
goal



ACTION STEP

Selecting an accountability partner can help you stay on track when it comes to reaching your goals. You can select people who know you best, people who will push you to be your best, or people who you look up to as mentors.

Click on <http://www.knownsuccess.com/self-evaluation.php> so you too can qualify your abilities and make an educated selection on the people who are able to help you. You want to select someone who is honest with their answers.

Another way to use an accountability partner is by having a contract with each and every one of them. Below you will find a sample contract that you can use:

This contract is between _____ (insert your name) and accountability partner _____ (insert his/her name). In order to reach the goal of _____ (insert name of goal), we adhere to this contract to do our best in order to reach this goal. The action steps that are included in this contract are:

(list the steps or link the steps to the action steps already made). Both entities understand that this contract is binding and is being used as a tool to keep _____ (insert your name) accountable. Only positive changes can take effect, as we see fit. I will also be accountable in thoughts and in the way that I behave. This contract is to be signed on _____ (insert date) and will be revisited every _____ (insert day of the week) for up to 4 weeks. After 4 weeks it will be revisited and drafted again.”

If you notice you are being specific and you are making a commitment to yourself! That is what this is about! Keeping yourself accountable!