

Creating Accountability Worksheet

Sharing your goals with another person or group makes them more tangible. It creates an element of peer pressure that forces you to push through the difficult times to get things done, or admit to others that you've failed.

This worksheet aims to give you everything you need to hold yourself accountable for the goals you've set.



Before you start

Understand the differences between an accountability group and an accountability partner, and which is a better fit for your current needs.

An **accountability group** or mastermind is a collective of professionals who share some commonalities and are looking to help each other grow by giving (and getting) advice and support in structured routine meeting sessions.

An **accountability partner** is best suited to situations where you know exactly what you need to do and your partner is there to check up on your progress regularly. You do the same for them.



Set yourself up for success

You'll need to start by getting 100% clear in your mind about exactly why you want to join a group or work with an accountability partner.

You'll also need to be prepared to be totally upfront with them about your greatest challenges, needs, strengths, and weaknesses. This will help them ask you the right questions during regular check-ins.

You can do this by asking yourself the following questions:

- What do you expect to give and get from an accountability group or partner?
- What are your major sticking points? Things that trip you up time and time again
- What are your greatest strengths? Things you can offer a partner or group
- Are you ready and willing to commit 100% to participating in the group or with a partner?
- What's the greatest outcome you could get from working with a partner or group?
- Answering these questions will help you make the right choices when it comes to choosing a partner or group that best fits your needs.



Finding an accountability partner

Choosing the right accountability partner can make the difference between exceeding your goals and missing them completely. Here's a checklist of **criteria your potential partner must meet before you commit:**

They're objective

You trust them

They can relate to what you're doing (have done something similar in the past)

They can be brutally honest with you and aren't worried about hurting your feelings

They're genuinely interested in helping you succeed

They're as serious about meeting their goals as you are

They're available when you need them

Too often ambitious people give up on the idea of accountability partners after failing to make it work with the wrong partner. **Avoid this by making sure your partner ticks all the boxes above.**



Finding an accountability group or mastermind

Finding the right mastermind group is a little more complex than finding an accountability partner because of the nature of masterminds. Here's a checklist of criteria you should be able **to tick off before joining a mastermind or accountability group:**

- You share a common goal, industry, or experience level with members
- You can offer real value to members
- You can learn something from members who've done what you want to do
- Your personality is a good fit
- The group has a clear purpose
- The group leader knows how to get the most out of participants
- You feel excited about your meetings (this is something you'll only realize after some time)
- There are good structures and processes in place

Eccountability was built to tick most of the above boxes

CLICK HERE TO SIGN UP

and find the perfect group for you today!