

Accountability Log

Worksheet

Accountability. Does that word ring a bell? To tell you the truth nothing is more powerful than having a way to be accountable for your commitments...whatever they may be.

Do you want to get yourself trained so you:

- Eat more healthy and exercise?
- Work on that book you've been talking about?
- Put that photo album together?

No matter what it is you intend to accomplish, having an accountability log will help you immensely.

As you log in what it is you intend to accomplish and start writing in the hours you are doing what you say you want to do you become more powerful. Remember, the definition of power is strength over time. Strength is like strands of rope tied together that become stronger as the strands are added.

The strength you get comes from showing up as you said you would on designated days of the week and just doing what you set out to do. Voila. You will be so proud of yourself.

Even better is if you have an accountability partner to hold your feet to the fire and you both meet your commitments.

According to a scientific study, people who have an accountability partner with whom they check in with are 98% sure of accomplishing whatever it is they intend to do.

So, share this idea with your spouse, best friend or adopt a friend to be your accountability partner.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

Accountability Log

Estimated time:

This Tracking Log is
for a Week

Intended for:

- Anyone who is serious about doing what they say they are going to do. .

Upon completing this exercise:

You will have be so proud of yourself and you will have accomplished what you set out to do. Congratulations!

Materials required:

1. Accountability (PDF).
2. Printer.

Prerequisites:

Serious about success!

Accountability Log

Name: _____

Week of: _____

#	To Do	Comments	M	T	W	T	F	S	S

Week of: _____

#	To Do	Comments	M	T	W	T	F	S	S

Week of: _____

#	To Do	Comments	M	T	W	T	F	S	S

Week of: _____

#	To Do	Comments	M	T	W	T	F	S	S