



## **Welcome to your Accountability Starter Kit.**

**This guide will help you bridge the gap between your  
goals and your actions in a few simple steps.**

*You don't need more motivation. You need a system that keeps you moving forward.*

# 1 The Importance of Accountability

Accountability can help you close the gap between **intention and execution**. We *all* have goals, but only a small percentage of people consistently follow through.

## Why?

- Because motivation fades.  
Emotion changes.  
Life gets busy.

Accountability creates **structure, consistency, and follow-through** — especially when someone is walking beside you.

## When you have someone holding you accountable:

- You are **65–95% more likely** to achieve your goals (based on multiple behavioral studies).
- You show up with **more clarity, more discipline, and more ownership**.
- You stop relying on motivation and start relying on **systems**.

Whether that person is a coach, mentor, spouse, or friend, accountability strengthens your commitment and sharpens your execution.

**Accountability is not pressure. It's support that builds discipline.**

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## **2 Actionable Accountability Habits** **(Start Today)**

Here are **five simple habits** you can start right now to build more discipline and consistency:

### **1. Set Weekly Commitments**

Decide on *3 non-negotiable actions* you're going to complete this week.  
Write them down. Review them daily.

### **2. Use Daily Check-Ins**

Every morning, ask yourself:  
**“What are today’s top 3 priorities?”**

Every evening, ask yourself:  
**“Did I keep the promises I made to myself?”**

### **3. Create a Simple Morning Routine**

It doesn’t need to be complicated. Try:

- 5 minutes of prayer or gratitude
- 5 minutes reviewing your goals
- 5 minutes of movement or stretching
- 5 minutes reading something positive

### **4. Track Your Habits**

What you track improves.  
Pick 3–5 habits and track them daily for 30 days.

### **5. Get an Accountability Partner**

Someone who will tell you the truth, challenge you, and push you.  
If you don’t have one — that’s where a coach like me fits in.

## **3 Self-Assessment: Where Do You Need Accountability Most?**

Rate yourself from **1–5** in each category below (1 = struggling, 5 = strong).

<b>Category</b>	<b>Rating (1–5)</b>
Morning routine consistency	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Following through on commitments	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Health & wellness habits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Leadership growth & development	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Time-management & organization	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Spiritual or personal grounding	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Goal clarity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

### **Reflection Questions:**

- **Where did you have the lowest scores?**
- **What is the *story* you're telling yourself that might not be true?**
- **What small habit would have the biggest impact on your life right now?**
- **What have you been avoiding that needs your attention?**

This is where your growth starts.



# Goal-Setting Worksheet:

## The Accountability Map

Use this template to create clarity:

**Your #1 Goal for the Next 30 Days:**



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**Why does this goal matter?**



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**What is the biggest obstacle?**



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**What is ONE action you can take today?**



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**What 3 habits will help you succeed?**

1. 

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2. 

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3. 

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**Who is holding you accountable?**



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## CLOSING MESSAGE

**Accountability is not about perfection. It's about progress.**

If you follow even *one* part of this Starter Kit consistently, you'll experience real momentum.

When you're ready for deeper structure, leadership development, and consistent support — that's where coaching comes in.