

By Bruce Seidman, aka Bruce Coastal  
(brucecoastal.com)

“Knowledge into Action” for all areas in your daily life!

**Slide A:**

Opportunity is nowhere

**Slide B:**

Opportunity is now here

... move that “W” a millimeter one way or the other.

Soooooooo...what happens in your mind?

# Accountability Tips, Tricks, Hacks

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# ACCOUNTABILITY

Put a mental rectangle around the root word above.

What does it mean?

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# ACCOUNTABILITY

What does it mean to you?

Accountability Tips, Tricks, Hacks

# **JOURNAL**

## **my behavior**

**“You Can’t Manage What You Don’t Measure”**

**-- Bruce Seidman, 2001**

my Cookbook

**NO  
GOAL  
WAS MET  
WITHOUT  
A LITTLE**

**SWEAT**

Every bite, Every...

- 1) When + how on FB
- 3) Follow you have threshold  
on options
- 4) Add Mike Community to FRD BC

Dials: (7) ~~HHH~~ ~~HHH~~  
 Conversations ~~HHH~~ III

new  
 Emails (20) ~~HHH~~ ~~HHH~~ ~~HHH~~ ~~HHH~~ II

Follow up!  
 Dials - ~~HHH~~  
 Emails - IIII

Linked In  
 connects  
 messages

FB  
 - messenger  
 - post  
 - comments  
 - messenger

... THIS INSPIRES ME ...

Being vulnerable =

# **A.D.D. & Procrastination**

**Procrastination and Accountability are opposing forces. Let that sink in. Do you agree or disagree? Talk about this TUG and your REMEDIES in your breakouts...**

- **WHY be accountable to yourself**  
(translation: why do tick marks and count behaviors... Do you want to sustain changes in your behavior?)
- **Why BE ACCOUNTABLE to another?**



# BLIND SPOTS

We are all victims of other victims, sleepwalking through life. God gifts us, which fully develop in us and are easy to see, with reflection...even from our childhood. Yet as we grow older, our blind spots remain hidden. We cannot see our own crap. Yet others can see it plain as day. I cannot see my own faults and blind spots, but you can. In the medical field, they have a Latin word for it; literally, a blind spot in the eyeball, Scotoma. During our life, we ask others willingly to point out our blind spots. Then, we carefully filter the information before we place any value in it. Sometimes we cling to our beliefs from the past even though they do not serve us well. Until our blind spots come out in the daylight. Be still, right now, and ponder this: Close your eyes, say to yourself, "Self, name one belief I desperately cling to that is hard-wired in me. (pause) Is it serving me well? (pause) Who in my life who knows me well can I ask?"

“Vital Friends” p.17, by Tom Rath

Have you ever taken a course in friendships? If we have already spent significant time on self-development, is it possible that most of the magic – our room for rapid personal and professional growth – lies in developing our friendships? The real energy occurs in each connection BETWEEN TWO PEOPLE, which can bring about exponential returns.

# Vulnerability → Authenticity → Intimacy

- Taking your greatest weakness, and turning it into your most passionate message to help others
- Your greatest strength comes from sharing your deepest wound

- **TRACK**
  - **COUNT**
  - **SHARE (outloud)**
- 
- **So this is COUNT-ABILITY at its core**
    - --Bruce Coastal, 2020, aka Bruce Seidman

# Big TAKE AWAY TODAY:



Speak OUTLOUD COMMITMENT  
within next **47 HOURS!**

# Big TAKE AWAY TODAY:

Ah Ha



## Speak OUTLOUD COMMITMENT within next 47 HOURS!

My Goal for our Breakfast Club Community: 99 people  
by the 3<sup>rd</sup> Monday in May. Help us build this Community  
on Monday Mornings! (SHARE, POST, LIVE):

[www.brucecoastal.com/breakfastclub](http://www.brucecoastal.com/breakfastclub)

Online virtual peer team of business owners &  
professionals dedicated to business & personal growth

# The Growth Path



You could go it alone, but why would you?  
Join a Growth Path team and start growing!

***contact@thegrowthpath.net***