



Goals & Accountability

WORKBOOK

1. Goals & Accountability: What *Matters* now?

Reflection:

What's one thing that's really important for me right now?

Or where I feel I have been compromising and I am ready to change?

2. Goals & Accountability:

My 90-Day *Goal*

Reflection:

What is a result that I want 90 days from now that is of service to what's important to me.

What do I want to commit to and take action to achieve over the next 90 days that honours what's important to me?

If I fully committed to what's important to me, what would be true three months from now, what would be different?

- ☐ Start with a verb
- ☐ Include a # / % / £
- ☐ Define with a date

3. Goals & Accountability:

Creating *No Matter What Energy*

1. What does this goal mean or represent for me?

This Goal _____

2. Who am I as someone who achieves this goal?

I am a _____

4. Goals & Accountability: What *Action* Do I Take?

Brainstorm:

What action do I take as someone who creates the result I want?



☐ Action-take-time - tasks or blocks scheduled in my diary

5. Goals & Accountability: Keeping Your *Commitment*

I am accountable because I want to feel: _____

I am accountable to: _____

So that I can: _____

My Next Quarter At A Glance

What matters to me is _____

My goal is to _____

Because it means: _____

And I am a _____

The action I will take is _____

Because when I do what I say, I feel _____

I am staying accountable to _____

So that I can _____

Quarter: _____

Date: _____