

She Means Business

THE ACCOUNTABILITY
WORKBOOK

Welcome to the *She Means Business* Accountability Circle.
You belong here.

Accountability separates the wishers in life from the action-takers that care enough about their future to account for their daily actions.

John Di Lemme

Set your big goal for the end of the 12 weeks.

Big Goal:

Your Why:

Identity Declaration

Who is the woman I am becoming over the next 12 weeks?

What qualities, habits, and beliefs define her?

Weekly Goal Mapping

Break your big goal into weekly focus points. You are not locking yourself into perfection. You are creating direction.

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Week 5 _____

Week 6 _____

Week 7 _____

Week 8 _____

Week 9 _____

Week 10 _____

Week 11 _____

Week 12 _____

Weekly Check-in

CHECK IN: BEHIND ON TRACK AHEAD

WEEK 1

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

IF I miss a day/action item, or fall off my plan,

THEN I will _____ (small, doable, non-negotiable).

Weekly Check-in

WEEK 2

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

IF I miss a day/action item, or fall off my plan,

THEN I will _____ (small, doable, non-negotiable).

Weekly Check-in

WEEK 3

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

*IF I miss a day/action item, or fall off my plan,
THEN I will _____*

(small, doable, non-negotiable).

Weekly Check-in

WEEK 4

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

IF I miss a day/action item, or fall off my plan,

THEN I will _____ (small, doable, non-negotiable).

Weekly Check-in

WEEK 5

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

*IF I miss a day/action item, or fall off my plan,
THEN I will _____*

(small, doable, non-negotiable).

Weekly Check-in

WEEK 6

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

*IF I miss a day/action item, or fall off my plan,
THEN I will _____*

(small, doable, non-negotiable).

Weekly Check-in

CHECK IN: BEHIND ON TRACK AHEAD

WEEK 7

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

IF I miss a day/action item, or fall off my plan,

THEN I will _____ (small, doable, non-negotiable).

Weekly Check-in

WEEK 8

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

*IF I miss a day/action item, or fall off my plan,
THEN I will _____*

(small, doable, non-negotiable).

Weekly Check-in

WEEK 9

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

*IF I miss a day/action item, or fall off my plan,
THEN I will _____*

(small, doable, non-negotiable).

Weekly Check-in

WEEK 10

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

IF I miss a day/action item, or fall off my plan,

THEN I will _____ (small, doable, non-negotiable).

Weekly Check-in

WEEK 11

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

IF I miss a day/action item, or fall off my plan,

THEN I will _____ (small, doable, non-negotiable).

Weekly Check-in

WEEK 12

CHECK IN: BEHIND ON TRACK AHEAD

Write your weekly goal here

Action 1

Action 2

Action 3

Action 4

Bottom-Line Action:

*IF I miss a day/action item, or fall off my plan,
THEN I will _____*

(small, doable, non-negotiable).

HOME
she's
MADE