

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

WEEK 1

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 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

WEEK 7

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 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
Shes
MADE