



Accountability Questions

Get More of the Results You Want in Your Life

You can do this exercise with all of your personal and professional outcomes and goals.

***Directions:** End of week inventory on what you were up to this past week. Take a look at your outcomes and goals for the week. What did you declare? List them, and then ask yourself the following questions, leverage what worked, and create new actions on what did not. Remember when we own it, we can work with it!*

What were my outcomes, goals, and declarations for the week?

What have I agreed to (what agreements did I have with myself and/or others)?

What were my results?

What worked?

What did not work?

What did I notice about myself?

Is this a pattern?

What is my new plan?

What are my next action steps?