

Accountability Partners: Teaming Up To Manage Your Goals

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgement or right answer. You are free to journal, brainstorm and doodle in this space.

[From: Stop Getting Stuck All The Time: How An Accountability Partner Can Help You Reach Your Goals]

Journal Your Thoughts

1. What are 2-3 goals that you're struggling to accomplish?

2. What do you hope to gain from working with an accountability partner?

3. Have you previously worked with an accountability partner? If so, what was the experience like?

[From: Are You Ready to Start Looking for An Accountability Partner?]

Journal Your Thoughts

1. What are some goals you've failed to reach? Think about why you failed. Was the goal too big or too easy? Did you fail to plan or maybe over plan?

2. An important part of having an accountability partner is being willing to take responsibility for your choices. What are some things you say to avoid responsibility? What are some positive but truthful ways you could respond instead?

3. An accountability relationship works both ways. What are you willing to do to support your accountability partner?

[From: How to Find the Right Accountability Partner]

Journal Your Thoughts

1. What are your core values? How do these values shape your business?

2. Who would you love to work with as an accountability partner?

3. Spending time researching potential accountability partners is important. What have you learned about your partner from their blog and social media updates?

[From: What to Discuss with Your Accountability Partner]

Journal Your Thoughts

1. What time of day are you at your best? Can you arrange to meet with your accountability partner during this time?

2. How will you and your accountability partner meet up? (In person, through Google Hangouts, on Skype, etc.)

3. Write down 2-3 goals your accountability partner has set and when you'll follow up with her.

[From: Other Ways Accountability Partners Can Help Each Other]

Journal Your Thoughts

1. What are some of the strengths of your accountability partner? Compare your and her services?

2. What product or free sample could you promote for her at the end of the article or in your autoresponder series?

3. What are some projects you and your accountability partner could turn into a joint venture?
