

ACCOUNTABILITY TASK

Hey peeps!

An accountability buddy is someone (or more than one person) that supports you in making sure you meet your commitments. It's known as an external motivator. Someone, outside of you, that helps you stay motivated.

Writing down and sharing your goals with another person dramatically increases the likelihood of you successfully meeting the goal. Let's be honest, it's pretty easy to not do something that nobody knew you intended to do.

Accountability Buddy Tips

Once you have found someone, here's my list of tips for working with an accountability buddy or group.

Meet Regularly - have the relationship be part of your formula for success. Mark it in the calendar and plan everything else around it. Start with once a fortnight and go from there. You can meetup in person, or via skype or phone.

Set Time Limits - you don't want to waste time so give each person in your accountability group a select amount of time to give an update, ask for help, and make commitments for the week. Stick to the agenda and be mindful of other people's time.

Respect Confidentiality - respect the confidentiality of each accountability buddy. As someone helping you succeed, you may speak of very personal matters that are best kept within the group.

Take Notes - it helps to keep notes of the conversations and the commitments made by others. It helps to remind people of what they are up to and where they need to focus their attention, and if a lot get's covered, helps you keep tabs on what you talked about!

Be bold and firm - Since the focus is on producing results, be bold and ask for firm commitments. Ask questions like: Do what? By When? How will I know you've done it?



Find a buddy!

Post in the private group to find a compatible accountability buddy.

The following areas might be useful to share, to determine if you are going to be compatible with someone or not.

My level of business experience

My personality type

How often I'm on social media

My preferred method of communication

My family situation

You can also share anything else that is important to you if you want to, like philosophies, belief systems, culture etc, as this might help in finding the perfect match for you.

