



# Accountability Worksheet

This is the last worksheet! Here's what you'll accomplish with it:

1. Figure out your tendency for upholding expectations.
2. Choose accountability systems for each of your goals.
3. Think of rewards, punishments & partners to help even more.

First, take the 4 Tendencies quiz here:

<https://quiz.gretchenrubin.com/>

Once you've taken the quiz, you'll have a better idea of what types of accountability systems will help you the most.

Note: What will motivate you can change for different areas of your life, or even specific goals, so the next step is to think about what types of systems will help for each. The one type of system that should apply to every goal is Check-In (tracking progress).

Also, keep in mind that this is a fluid process. You can adjust these systems as you go. At this point, the goal is just to come up with a plan so you can start setting them up.

Now, look back at the goals you'll be tracking and put Yes in the box for each type of accountability system you plan to use for that goal.

Lastly, write down any rewards or punishments you could use to increase your motivation even more. If you chose Collaboration, Competition, Contract and/or Coaching, this is a good time to think about who your accountability partner(s) will be too.

# Conclusion

Action item: Go set up accountability systems with the tables above.

A lot of this will already be done since you already have your tracking system in place. So, take a few minutes to reach out to people that can hold you accountable to get the ball rolling.

Congratulations on completing the On the Right Path course! 🎉

Best of luck with all your goals!

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