

Accountability Partner

Name: _____

Phone: _____

Day of the Week and Time we will meet:

Questions to ask:

- What four things do you need to keep doing to implement your must?
- Of these, what did you do this week?
- How did this move you to your goal?
- What was one thing you did to use your Strengths this week?
- What exercise (as in moving your body) did you do this week?
- What are you going to do this week?
- What are the three things you need to tell yourself?
- How can I pray?