

30-Day

Personal Accountability Challenge



Capture a goal that's important to you along with 1-3 commitments needed to accomplish the goal; at the end of each day, stop for 3 minutes and ask yourself "did I do my very best on each commitment?" If yes, mark the circle to the right; if no, leave the circle blank. Where are you falling short and how can you do better?

Goal: _____

✓ Commitment-1: _____

✓ Commitment-2: _____

✓ Commitment-3: _____

Try not to miss a day!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

A powerful way to increase your success is to share this with someone who can support you and provide another layer of accountability.

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Goal: begin to get back in shape and lose a little weight

- ✓ **Commitment-1:** have a V8 and protein bar for breakfast
- no expensive and rich breakfasts out
- ✓ **Commitment-2:** get to the gym for a 30 min circuit workout
- go to the gym whether I workout or not
- ✓ **Commitment-3:** choose not to have a rich dessert after dinner
- and, no food after 8:00 pm

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