

HOLD YOURSELF ACCOUNTABLE WORKSHEET

Start small and build on your successes. Let go of guilt or regret over setbacks. Every day is a new opportunity to start again.

	Goal	Who Can Help Me Keep Track of This Goal?	What's My Back-Up Plan for This Goal?	How Will I Celebrate Reaching This Goal?
What can I do today?				
What can I do this week?				
What can I do next week?				
What can I do this month?				
What can I do in the next three months?				
What can I do in the next six months?				
What can I do in the next year?				