

Accountability Support



Dr. Gail Matthews, a professor in the Department of Psychology at Dominican University found that if you check in weekly with a friend about your goal you are 70% more likely to accomplish that goal. When you make a promise think about who can serve as an accountability partner. Who can you call weekly to check in with on your progress? Finding an accountability partner will help you keep your promise.

Promise:

I will find an accountability partner to help me keep my next promise.

Element of Honor:

Accountability

I must be willing to accept personal responsibility for what I have done and what I have failed to do – both in what is good and what is not. Accountability helps me understand that my decisions have consequences. I help hold others accountable, but before I become too upset with the broken promises of others, I remember that I too have weakness.

Action Items:

- When making your next promise, make a list of potential accountability partners.
- Schedule time to call or meet with at least one person on your list to see if they can commit to helping you by serving in this role.
- Schedule time each week to check in via phone, email, text, or in person.
- Journal about the process. (Was it helpful having an accountability partner? What worked? What didn't? Did you stay on track and complete the promise?)

Verification:

Complete Badge [Verification Form](#) (located on website) which should include a reflection on the process of having an accountability partner and what you learned through the process.

Approval:

Badges will be verified and approved for presentation quarterly.

because
I said
I would.

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."
Roy E. Disney*