



Accountability partner system

Welcome to the first step in taking charge of your life, health, energy, strength, vitality and weight loss.

We MUST first know exactly what we want then create clear, specific and compelling reasons to achieve it. Ordinary sounding outcomes like losing weight or getting stronger require you to push yourself. Pushing yourself requires WILL POWER, which is not a long term strategy.

When you create **emotionally compelling reasons** you have a vision that **PULLS** you towards taking action.

The best ships will drift off course without **weekly accountability**. This outcome sheet will provide the Terra Nova Fitness success team and your accountability partner with resources to keep you accountable.

CREATE COMPELLING REASONS TO PULL YOU

What do I really want? Clarity creates power. (Lose 10Lbs, Fit into clothes, 10 pushups, keep up with kids)

WHY am I absolutely committed to creating or achieving the above?!

What has it cost me in the PAST and PRESENT not following through on this goal? (Specific examples, love, connection, self-worth, confidence, people, happiness, events)

How will achieving this goal or feeling enhance and make my life richer?
(specific activities, kids, family, specific confidence situations, specific passion, health) _____

What action (s) will your accountability partner keep you accountable to?

ACCOUNTABILITY PARTNER HOW TO

My accountability partner: _____

Phone: _____ Email: _____

Facebook: _____ Boot camp schedule: _____

Our accountability check-in is: (day,time) _____

- We are both committed to holding each other accountable and we are taking this very serious! Yes/no (circle one)
- We both have shared each others desire and compelling reasons. Yes/no (circle one)
- We are both very clear on our specific responsibility to hold our partner accountable? Yes/no (circle one)
- We are both very clear on our daily or weekly check-in schedule with each other? Time, phone, in-person? Yes/no (circle one)