Accountability Worksheet

Name:			A	.ge:	Date:		
Instructions: This work accountability. It is a too		_	-		=	ctions	and develop a sense of
Understanding accou	ıntabil	ity					
Describe a recent situation where you feel you could have been more accountable.		What were your actions in this situation?		How did your actions affect others?		Reflect on why you acted in this way.	
Identifying patterns							
Have you noticed any recurring patterns in your behavior that hinder accountability? Please describe.			What triggers or situations lead to these behaviors?				
Setting accountability	y goal:	s and developing	strategies				
List specific areas where you want to improve your accountability.	def	define a clear and		os will you each these ntability als?	How will you measure progress?		Identify potential obstacles and how you plan to overcome them?

List specific areas where you want to improve your accountability.	For each area, define a clear and achievable goal.	What steps will you take to reach these accountability goals?		How will you measure progress?	Identify potential obstacles and how you plan to overcome them?			
Seeking support								
	help you in your journe er accountability?	y towards		How will you seek the	r support?			
		y towards		How will you seek thei	r support?			
		y towards		How will you seek thei	ir support?			
		y towards		How will you seek thei	r support?			
		y towards		How will you seek the	r support?			
		y towards		How will you seek the	ir support?			
		y towards		How will you seek the	r support?			
		y towards		How will you seek the	r support?			
		y towards		How will you seek their	ir support?			
		y towards		How will you seek their	ir support?			

Reflecting on progress								
Set dates for regular reflection on your progress.								
Note improvements or challenges faced during your progress. (Fill this out on your said date)								