

MARK

Work 8

Health 8

Friends 8

Romance 7/8

Finances 8 > 9

Fun 7/8

Personal Growth 8

Environment 8

LISA

Health 9/10

Friends 8/9

Fun 8/9

Personal Growth 9/10

Environment 9/10

Finances 7

Romance 6/7

Work 8/9

RAE-ANN

Health 7

Friends 9

Romance 9

Finances 9

Fun 8

Personal Growth 9

Environment 9

Work 9

KATIE

Health 9/10

Friends 7

Romance 8

Finances 7

Fun 8

Personal Growth 10

Environment 8

Work 9

The power of making agreements to ourselves. When others are enrolled, we often work harder to keep that agreement.

Accountability is a framing, a way of looking at life not just goals where you see you have power and choice. Nothing is happening to you. It's all happening for you. Even not doing is a choice. It's the "I own and acknowledge that it's all about what I'm choosing." Willingness to take blame out of the mix.

Accountability is not responsibility.

Accountability is I'm taking responsibility not who is — my job is to be mindful to what I'm choosing and why I'm choosing it.

So how can I leverage support so I'm more inclined to stay on track? One way is having others bear witness and enrolling in my process.

More accountability increasing through witnessing.

CDs

Electronics

Music Equipment

Kitchen

Sports —

Household Items / Decorative

Household Linens —

Bathroom / Cosmetics / Supplies

Furniture

What do you want your world to feel like?