

The Career Doctor
- helping you achieve your career potential



Accountability 'Buddying'
Christine Ware – Mentor/Coach

Accountability is what we all need at some point in our lives to reach our goals. For 3% of the population, their 'why' is *SO STRONG* that they can pass the point of no return, where failure is not an option. But for most of us, this is not the case.

Have you found that you really want to achieve something, but find yourself slipping backwards or letting yourself off if you miss a day/week and don't achieve? You may even attach ridiculous excuses in there too, to convince yourself or justify why you haven't achieved. We've all done it, including me!

- *"I can't exercise today because it's too hot"*
- *"I haven't had time to write that email"*
- *"I wasn't able to do XYZ this week, as other priorities took over"*

How can an Accountability Buddy help with this?

Having someone who you are accountable too can certainly focus the mind. I know, as I have my own accountability buddy too!

- I help you commit to action and follow through
- I encourage you to stay on track with your goals and keep momentum going
- I remind you of why you started in the first place
- I work you through any obstacles or distractions that have come up
- I kick your butt when required!
- I challenge you to move beyond your comfort zone
- I help you get to the bottom of what might be holding you back

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“Most goals people set are not achieved because they are not held accountable for them. When goals are made in private they tend to fall off because people stop being motivated, stop focusing and stop prioritizing”
- Bola Onada Sokunbi

What are the benefits?

- It makes you focus on what really matters to you and helps you make progress
- It stretches your thinking, to go beyond your default mechanism
- It focuses your mind on using ‘The Power of 3’ to drive you forward
- It gives you routine and discipline
- It helps you put your thoughts into actions

Small incremental steps WILL get you there in the end

How does it work?

You can email, text or use the ‘CommitTo3’ free app to send me your 3 goals/tasks each morning, before 10am. And at night, you email, text or use the ‘CommitTo3’ app to inform me what you achieved of your goals. The mere fact that you commit your plans to written action, and send them to another party (i.e. me your ‘accountability buddy’), is normally the only incentive you will need to achieve. I know this works, as I do it myself! Every day! And I’ve made huge progress in my goals since doing this.

There’s no place to hide and just that commitment makes you do what you said you would do. It can work for you too. It takes minutes, so there are no excuses!

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Accountability sprints can be done for any length of time - a week, month, a year – you choose! Whatever it takes to get you to your goal!

How much does it cost?

Accountability buddying costs £20.00 per month (or pro-rata) and is done remotely via email, text or app. Isn't £5 a week worth it to get you to where you want to be?

“Accountability is a statement of personal promise, both to yourself and to the people around you, to deliver specific defined results” – Brian Dive

Next Step

Stop procrastinating and get in touch!

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Stop thinking and start doing!