

more to be

Accountability

PARTNERSHIPS

cultivating meaningful relationships

Would you like an accountability partner to help grow in your faith, challenge you to get real about studying Scripture, or encourage you to resist “that” temptation? Well, the most effective accountability relationships happen when the goal and expectations are clearly laid out. It may seem awkward and too structured to answer all these questions, but really, it will set you up for the greatest success.

Step 1:

What do you need accountability for?

1. What one thing would you like to see changed in your life?
2. What has been the obstacle that is standing in your way?
3. What is the plan to overcome that obstacle?
4. What steps do you need to take to put that plan into place?
5. What date do you want to see the first steps accomplished by?

6. What date do you want to see yourself complete this goal?
7. How would you like an accountability partner to serve you?
8. What personality type would resonate well with you?
9. What is the number one thing you’d like your accountability partner to do for you?
10. How would you sabotage your accountability partner’s efforts to help you?

Step 2:

Who can serve as an accountability partner?

1. As you consider your answers to your questions above, who comes to mind as a likely accountability partner(s)?
2. As you look at the names of those people, consider these factors for each one and check off the blank if it describes them (reproduce this page if necessary):

- _____ overall healthy lifestyle
- _____ follower of Christ
- _____ spends time in the Word
- _____ connected with other believers
- _____ willing to pray for me
- _____ encourages me
- _____ willing to speak the Truth
- _____ has time to connect weekly by text/email
- _____ has time to connect monthly face to face
- _____ is not going through their own crisis
- _____ is not in the middle of a busy season
- _____ admits their own limitations

- Based on your answers to question 2, who would you like to ask to serve as your accountability partner over the next six months?

Step 3: Set Realistic Expectations

Now that you have an idea of what you'd like to accomplish and who you'd like to ask help you, set a clear timeline and expectations to share when you ask your accountability partner.

- I'd like to start this change process on this date:
_____.
- I'd like to be held accountability by text or email on this day, _____, each week.
- I'd like to be able to meet face to face by this date
_____.
- I would like to be finished with this goal by this date
_____.
- If I have made no progress, I would like you to hold me accountable by saying _____ or doing _____.
- If I fail to follow through more than 3 times, you have my permission to end the accountability partnership.
- If I successfully complete my goals, with the help of your accountability, I'd like us to celebrate together and will treat you to _____.

Share This: Accountability Check-In Form

Be sure to share a copy of this resources, with all your answers filled in, with your accountability partner. Your accountability partner can use the spaces below to record the status of each accountability check-in.

- Check-In Date:

- Connected by:
Text Email Phone Call In-Person
- Are the goals being met:
Yes No Some
- What is the current obstacle?
- What is the plan to overcome that obstacle?
- Does the goal need to be revised?
- Is there something that can motivate forward motion?
- Next check in date:

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Before you approach a person to be your accountability partner, make time to pray and seek the Lord about the right fit for you. Don't be afraid to ask more than one person, either, as life can be unpredictable and having a support network in place is a good idea. And, be willing to be the accountability partner for someone else. Sometimes that is the best accountability you can find.