

Accountability Partner Worksheet

Set up the relationship, run the first meeting, then keep the weekly rhythm.

01 Finding the Right Partner

- ☐ Similar stage of business, not necessarily the same industry
- ☐ Can commit to a fixed weekly or fortnightly slot
- ☐ Will tell me the truth when I miss something
- ☐ Wants the same from me in return

PEOPLE I COULD ASK

02 First Meeting

Thirty minutes, three parts of ten.

PART 1. INTRODUCTIONS: WHAT EACH OF US IS BUILDING

PART 2. THE RULES: HOW OFTEN, HOW LONG, WHAT HAPPENS ON A MISS

PART 3. FIRST COMMITMENTS

03 Weekly Check-In Format

QUESTION	MY ANSWER

04 Commitment Tracker

WEEK	WHAT I COMMITTED TO	DONE?	IF NOT, WHY