



## 15 CLEAR ACCOUNTABILITY QUESTIONS TO ASK YOURSELF

### *Instructions:*

- *Consider how many times a week or month that you can ask yourself these questions.*
- *If it's useful, use this as a fillable worksheet and use it each week to evaluate and re-evaluate your progress.*

- 1) Do I know what I need in order to be fulfilled on a daily basis? Am I meeting those needs?
- 2) Am I compromising my long-term joy for short-term safety?
- 3) What was your biggest priority last week?
- 4) Did you accomplish it, and if not, why not?
- 5) What did you learn last week?
- 6) What was your biggest highlight last week?
- 7) What was your biggest obstacle?
- 8) What do you need to deal with it?
- 9) What needs to happen to make this week a success?
- 10) What do you need help with and who do you need to contact? Is the focus on building a support team? Or could other resources be involved?
- 11) Who will do what by when?
- 12) How do you measure this?
- 13) Am I being brave, or am I letting fear lead?
- 14) How am I replenishing my energy right now?
- 15) What gives me delight?