

Accountability

Have you ever promised to do something, but it just didn't happen?

Intention is great but a true commitment to what you say and do is something different.

We've all experienced it – when someone hasn't followed through with a commitment, wouldn't it be great if we could hold them accountable?

Often, in our society these things are glossed over, and worse still, expected. Why worry about being late, missing deadlines, and not doing what you said you would do. It's an unspoken deal – people let these things slide and no-one holds them accountable!

And if you haven't guessed it already, it's best to start with ourselves. Where are YOU not holding yourself accountable for what YOU say you'll do?

Not doing what you say you will do, creates a loss of personal power. You will trust yourself a little less, and people will trust you a little less. Your word will have less power the more you say something and the more you don't follow through. Can you see this in your life?

Here are some questions to ask yourself to help you find the source of your inaction.

- 1. What's in the way? What is preventing you from completing an action?**
Answer honestly. This may be a major block for you to work around. It may also be a signal to tell you what you have set yourself is not really what you want to accomplish, or maybe it's above your current skill level, or it may not be appropriate.
- 2. What are the benefits of completing the action?** *Get in touch with how good it will feel to get the results.*
- 3. What is the cost of NOT doing the action?**
Really getting present to how life will be if the action is not done can be a big motivator.
- 4. Is this a commitment for you or just a good idea?** *Are you telling yourself "I'll do it." Or are you saying, "It's a good idea and if it's convenient, I'll do it."*
- 5. Would you like to drop this action or commitment?** *Are you sick of saying to yourself, "I must do it!" If someone such as your Coach told you to drop it, how would you feel. Threatening to take the goal away can be motivating, powerful, and fun.*

Strategies to Practice

1. Honour your word
Choose your words carefully, think about what you are committing yourself to. When someone says ' *Call me tonight.* ' Think about how you answer. You may want to practice how to say no.

2. Under promise and over deliver
Instead of agreeing to finish a project by Friday, tell them Monday and have it finished by Friday (or even Thursday!) Not only will it build your self esteem but you will also build appreciation and respect from others. People will know they can count on you and will want to communicate with you more often.

3. Create a structure
Your structure might include a to-do-list, postie notes, diary, whiteboard, scheduled plan, motivational picture, ask a buddy to remind you, work with a performance coach.

4. Take action
Unless we take action, what you have just read here is just insight. To really learn it, we must practice.
a. Say "NO" three times this week
b. Under-promise and over-deliver three times next week
c. Pick a goal you want to move forward on and put in place a structure to support you moving forward
d. Take massive action

Wouldn't it be great if everyone took on this new relationship model? Let's be a model for

What ONE THING did you get from this article that will be most useful to you moving forward?

Email your answer to vicki@coachingplus.com.au

accountability.

From the desk of Vicki Turner, Life Coach

Vicki is a Coach who loves seeing her clients move forward to gain a new sense of control over issues. Vicki says, ' *People come to me for many reasons including clarity about life decisions, career and business issues and dealing with change.* '



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