



Accountability Partner

1. 5-10 Minute Telephone Call early each morning

Did you complete your 5 commitments yesterday?

Y/N, No Excuses.

Are you willing to commit to completing today any you did not complete?

Did you do your affirmations and visualizations for that goal?

What are your 5 commitments for today? How do they relate to your goal.

2. Ideally commit to talk every day (5-6 Days per week) for a 2-week trial.

IF it works for you, then commit to another 2-6 weeks depending on your goal.

If it does not work, find another partner.