

YOUR ACCOUNTABILITY BUDDY

What it is? how it works? why you need it?

Our most successful members report that the Daily Accountability process has been an important part of their success in the program and the growth of their businesses. Let's make sure you start on the right path too.

What is an Accountability Buddy?

An Accountability Buddy (AB) is a peer within your program whom you select to keep each other accountable on a daily basis. You meet each other, phone or Zoom each weekday for a 5 to 10 minute check-in.

The purpose of this call is to check in to see that you each completed the tasks you had set out for yourself the previous day (as it relates to growing your business), briefly celebrate your accomplishments and for each of you to set new tasks for that day. The focus is on implementation and moving forward with your assignments!

How the AB selection process works

Once you've connected with the other members of the program, you will select one member as your AB.

Whom you select is up to you. Perhaps you select someone because they're in the same industry or have an expertise you could use help with, because they reside in the same time zone you do, or just because you like their personality.

How do the calls work?

The daily 5 to 10 minute conversation should go something like this: “*How did it go with the 3 tasks you said you were going to complete yesterday?*”

If you both completed your respective tasks, it’s time for a quick celebration. If not, you figure out together what got in the way and come up with a plan of action for getting it done the next day.

Then, you ask, “What are the things you will commit to getting done by the end of the day today?” and hold each other to it.

Each person has their turn. The call should last no more than 10 minutes.

Why does it work to help you get new results?

It encourages implementation by keeping you accountable. It keeps you connected to the community.

It helps you maintain focus in a distracted world.

You create better habits.

You implement so much more than you would on your own, which creates results you’ve likely never experienced before.

The benefits are endless if you follow the parameters listed here.

Enjoy! :)