

# 8 Ways to Hold Yourself Accountable

Use one way - or combine them!

- 1 The most obvious way to be held accountable is to tell someone your goal and ask that person to check in with you on how you're doing.
- 2 Prayer is a powerful way to be held accountable. Ask someone to pray over your goal – and to pray with you for your goal.
- 3 Or you could be proactive and learn something new about your goal every day or week – educate yourself to practice accountability.
- 4 Create a specific statement describing what you're reaching for and post it where you'll see it often, and perhaps read it aloud every morning or evening.
- 5 Make a date with yourself to pursue that goal. Block off time on the calendar that's unavoidable. Add buffer time into your calendar to make sure you can achieve what you're working toward.
- 6 Give yourself milestone rewards. Rewards along the way can be a powerful way to celebrate being held accountable.
- 7 Record your progress, even if it's crossing off each day on a calendar or filling in a little square on a numbered sheet.
- 8 Ask for advice or feedback regularly from those you trust. They don't need to know what you're reaching for, but their input could be what inspires you to keep going.