

WELCOME TO MORE ACCOUNTABILITY!

An accountability partner gives you someone to directly express your goals to and help hold you accountable.

Below explains when to connect with your partner and what to talk about during those interactions. *If you feel at a loss with what to say, check out the next page for some conversation scripts to help you get started!*

I recommend using the **DM messaging of our community** to connect. Please do not pressure or feel pressured to share any personal contact information. All of the check-in's can be done via the community messaging.

This timeline is the minimum interaction outlined by the GSD Goals Club.

Feel free to connect more if it works for both of you. Please be communicative! Now is the time to practice vulnerability and relationship building.

*If you are only able to connect the minimum amount, express that to your partner.
If you'd like to connect more, make that request!*

If you run into any road bumps, please reach out to Cassandra. If your partner is not showing up, let us know sooner rather than later so we can get it sorted!

CHECK-IN TIMELINE



COMMUNICATION SCRIPTS

Feel free to use these scripts to help you connect with your partner or use your own words!

INTRODUCTION

Here are the important elements to include in this conversation:

- Introduce yourself (tell your partner a little bit about your life!)
- Tell your partner what you'll be working on for the next two weeks
- Establish what you will have done by the next check in

"Hi [Partner's Name]! I'm [your name]. [Some info about yourself like where you live, what your favorite tv show is, what type of music you like, any pets you have, etc]. I'm excited to work together on our goals. My goals for the rest of this first week are [insert your goals] . My goals for week two are [insert your goals]. I would like to have all of these completed by the next time we talk. What are your goals?"

CHECK-IN

Here are the important elements to include in this conversation:

- Check-in with your partner!
- Let your partner know what you got done
- Check to see what your partner got done
- Establish what you want to work on for the last couple of weeks

"Hi [Partner's Name]! Here is my update for what I got done in week one and week two: [insert any details you'd like to share]. Did you get [insert their goals] accomplished? My goals for the next two week are [insert goals]. What are yours?"

WRAP UP

Here are the important elements to include in this conversation:

- Check-in with your partner!
- Let your partner know what you got done
- Check to see what your partner got done

"Hi [Partner's Name]! Here is the final update for what I got done in the last part of the month: [insert any details you'd like to share]. Did you get [insert their goals] accomplished?"

These examples just show you the minimum of what we want to provide to our partners. Feel free to get to know your partner know, ask what type of accountability/support they need, or build any other plan that feels helpful for you! **Any issues, please reach out to Cassandra directly via DM.**