

Setting up Accountability

There are two aspects of accountability that we need. We need both support and stretch. A supportive person is usually those who are closest to us and are always encouraging us, no matter what goof-ups we make. We always need this kind of support. The problem is the people who are those types of support for us, very rarely stretch us. The person who stretches us is someone who will not only support us, no matter what, but will also lovingly push us to achieve greater things.

If someone leans only toward unconditional support; many times, they will simply comfort us and not stretch us. This is very comforting, but doesn't take us to the next level. The person who leans only toward stretching someone, tends to be those who are too strict and possibly legalistic, without accepting us where we're at. We want to be both for those we coach and encourage them to find additional accountability in people who will do both as well.

If you don't have anyone to encourage you as a coach, I highly recommend you take me up on the coaching offer on my website. You will not regret having a coach to encourage you and to help you push through to reach your goals.

My Accountability partner is: _____