

## 1.13 Accountability Partners

Hold yourself accountable to others for your commitments.

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When working alone, it can often be hard to stay on task and stick to a desired schedule or commitment. One way to boost your determination is to connect with an accountability partner with whom you share your goals and progress. Knowing that you will report your achievements to someone else provides a motivation boost to do your best.

You can apply this approach to almost any aspect of your life, from becoming more productive at work, to watching what you eat, to giving up smoking, to exercising regularly, or even to communicating more effectively with your spouse.

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- Reporting your progress to another person, knowing that they're emotionally invested in your success, can be an excellent way to stay on track.
- Helps you feel connected to others even when performing solitary tasks.

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- If you don't choose your partner wisely, you may find that they don't provide you with the support you need.
- An accountability partner is not a substitute for your own determination to make positive changes in your life.

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There are numerous ways to locate and work with an accountability partner. One of the easiest is to go into environments where you are likely to meet other people who are working solo, such as coworking spaces. Some may have bulletin boards or online communities where you can search for an accountability partner. Another option is to approach a friend or spouse and invite them to connect with you in this way.

Once you have found someone suitable, you need to decide how you will track your mutual progress. You may choose to update one another only when you are in accountability—doing what you committed to do—or only when you're out of accountability and miss your targets. If you prefer, you could schedule a weekly check-in on your goals when you each reflect and review on the past week.

Some people find value in connecting with others who are united by a similar focus, which could be anything from dieting to dating to performing stand-up comedy, and reporting regularly on their progress. If the activity is something you can do together—for example, working out at the gym—you can take advantage of this to boost your commitment. Neither of you will want to disappoint the other, so it's more likely you will both show up.

A topical accountability buddy (or group of buddies) can be a powerful ally. Another option is to use an app that tracks your progress. You can log your results from day to day or week to week, or you

can compete against other people for extra motivation. Whichever option you choose, it's important that you're clear on your goals and share them with your partner so that you can assess how far you've moved toward them. Naturally, it's also crucial to be honest; lying to yourself or your partner will undermine the process and limit the value of this approach.

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Use Focusmate to help you find an accountability partner: <https://focusmate.com>

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