

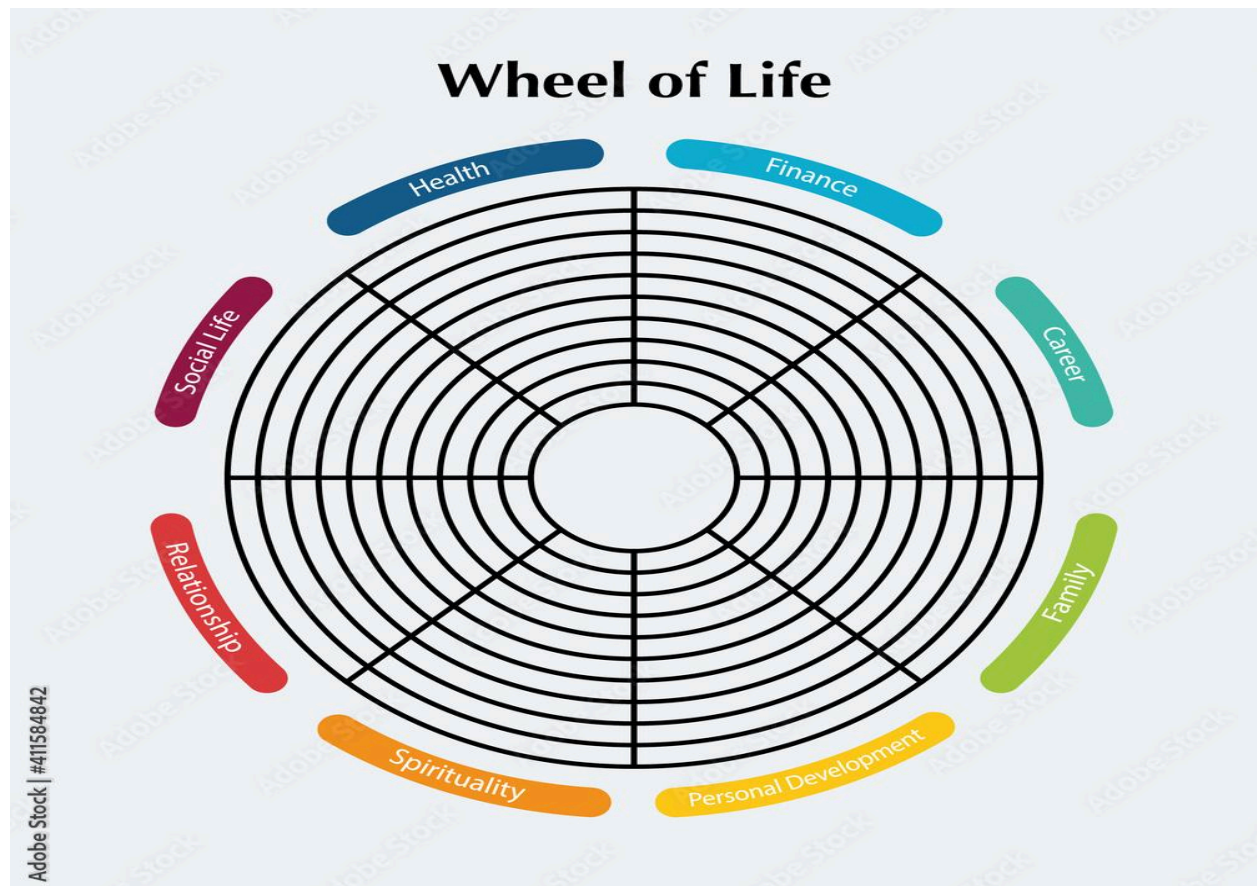
## Building a Foundation of Accountability

In order for you to see results in your life and progress towards the goals you have set, you must put in the time and effort. I am sure you have heard the idea that it takes roughly 10,000 hours to master a skill or craft, but the journey does not end there. The pursuit of progress, not perfection which is unobtainable, takes a lifetime.

**Accountability is an obligation or willingness to accept responsibility for one's actions.** If you want to learn to play the piano, but dedicate little time and effort into doing so, then you must accept that you will make little progress and that it is no one's fault but your own. *If you truly want something in life, you will make the time and effort to get it.*

We are going to use a modified version of the classic "Wheel of Life" activity to help identify what aspects in your life are you most satisfied with. Your scores in each identified area will give you insight into what parts of your life you may want to prioritize moving forwards.

*The instructions are simple. On a scale of 1-10, rate each section on the wheel, 1 being "not satisfied" and 10 being "completely satisfied." Generally a score lower than 7 suggests there is some work to be done in that area.*



**Follow-up:**

What 3 categories did you rate the lowest?

- 
- 
- 

Next, for each identified category, I want you to provide a reason why you feel your life is lacking in that area, and identify the first step to make it a priority.

Example:

**Category- Finance**

***Reason for dissatisfaction:*** I am not satisfied with the finances in my life because I do not have a lot of money saved, and feel like I am living paycheck to paycheck.

***First step of action:*** I am going to develop a budget, to help track my expenses and spending.

*Now your turn!*

**Category-** \_\_\_\_\_

**Reason for dissatisfaction:** \_\_\_\_\_

\_\_\_\_\_

**First step of action:** \_\_\_\_\_

\_\_\_\_\_

**Category-** \_\_\_\_\_

**Reason for dissatisfaction:** \_\_\_\_\_

\_\_\_\_\_

**First step of action:** \_\_\_\_\_

\_\_\_\_\_

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Category- \_\_\_\_\_

Reason for dissatisfaction: \_\_\_\_\_

\_\_\_\_\_

First step of action: \_\_\_\_\_

\_\_\_\_\_

*Now, take each "first step of action" you logged and use that as the first part of a newly devised goal in each category you would like to prioritize moving forwards.*

**Example:**

**First step of action:** I am going to develop a budget, to help track my expenses and spending.

**Measurable goal-** *In three months from now, I will have created and consistently implemented a monthly budget to organize my finances, reduce spending when possible and save 15% of my income.*

Your turn:

**First step of action:** \_\_\_\_\_

\_\_\_\_\_

**Measurable Goal-** \_\_\_\_\_

\_\_\_\_\_

**First step of action:** \_\_\_\_\_

\_\_\_\_\_

**Measurable Goal-** \_\_\_\_\_

\_\_\_\_\_

*Continue on Next Page:*

**First step of action:** \_\_\_\_\_

\_\_\_\_\_

**Measurable Goal-** \_\_\_\_\_

\_\_\_\_\_

**Reflection:**

I hope this activity helped you to identify parts of your life that could use a bit more priority. You now have some identified goals, and steps you can take to improve the quality and happiness in your life. Take a look at the actionable steps you have identified and see what you can do starting today, to make progress towards your goals! Remember, life is about finding balance and sustainability!

With regards,

Man With a Plan aka Jeffrey Kalinoski

