

"COMFORT IS THE OPPOSITE OF GROWTH."

ACCOUNTABILITY

SELF

AGREEMENT

Forge a powerful Accountability Self Agreement to overcome the excuses holding you back. By committing your "excuse-busters" to writing in the form of a contract with yourself, you create a visible reminder of the promise you've made. This agreement serves as a tangible tool, helping you remember not only the obstacles but also the solutions you're striving to implement.

When you take this agreement seriously and put it in writing, it becomes much harder to simply break your commitment than to disregard a vague intention to "try harder" or "do better next time." The act of formalizing your plan into a personal contract heightens your sense of obligation to uphold the terms you've set for yourself. With your excuses and strategies documented in your own words, you establish clear accountability - empowering you to stay focused on overcoming hurdles rather than allowing them to derail your progress.

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**"ACCOUNTABILITY IS THE GLUE THAT TIES
COMMITMENT TO THE RESULT."**

I, _____ commit to fostering self-accountability and amplifying my potential for success. I refuse to let setbacks define me as unworthy or incapable. Instead, I choose self respect by practicing positive self-talk and offering myself support during challenges.

To replace self destructive thoughts and behaviors, I will (*identify what you will do such as commit to affirmations, stress-relieving activities, meditation, etc.*):

- _____
- _____
- _____
- _____

I prioritize my own wellbeing and goals. When these conflict with the desires of others, I will negotiate solutions that respect my personal growth and needs.

I take full responsibility for my decisions and actions. I acknowledge my choices and strive to align them with my values. When the outcomes are undesirable, I learn from them and choose differently moving forward.

This agreement is a declaration of my commitment to personal growth and a reminder that I am empowered to shape my own success.

Your Signature

Date