

Accountability Buddies

ACTIVITY SHEET



When it comes to overcoming unhealthy and unhelpful habits, or developing healthy and helpful new habits, having a great strategy is not sufficient. You need a support crew! In the face of swarming temptation, setbacks and discouragement, it's easy to become overwhelmed. However, with encouragement and support of trusted friends or family, accountability buddies can help you go the distance. If you're serious about succeeding on this Healthy Habits journey, don't go alone... go together.



PROGRAM OBJECTIVES

This session is designed to help you:

- (a)** understand the power of community
- (b)** learn the benefits of having supportive people to journey with you
- (c)** choose the right accountability buddies to be in your support crew

Better Together

Having an external motivator (someone you respect who supports you in achieving your goals) significantly improves your chances of succeeding. Rather than exerting control over you, they are empowered by you, to hold you to account for the commitment you're making. Accountability buddies offer four key benefits.



INTEGRITY

Accountability buddies help you build integrity. When tempted to give in to unwanted habits or not follow through on new healthy habits, you either get to testify how you overcame or build character through your honest confession



FOCUS

Accountability buddies help you maintain focus. When presented with obstacles or facing challenges, your support team helps guide you through these tough times, by keeping your heart and mind aligned with your key objectives.



CLARITY

Accountability buddies offer an unbiased perspective on our situation. This is especially useful when setting realistic achievable goals, as well as establishing contingency plans for potential high-risk situations.



MUTUAL HELP

Accountability buddies not only offer help in times of need, but in turn, can also be helped. You too have the opportunity to make a positive contribution to the lives of others. Having a support team is mutually beneficial.

Two are better than one, because they have a good return for their labour:

IF EITHER OF THEM FALLS DOWN, ONE CAN HELP THE OTHER UP. BUT PITY ANYONE WHO FALLS AND HAS NO ONE TO HELP THEM UP.

(Ecclesiastes 4:9-10 NIV)



Selection Criteria

Allowing yourself to be vulnerable with other people takes courage. It is important to select your accountability partners carefully and have full confidence in their ability to support, encourage, and hold you accountable for the journey you are on. Before making your selection, consider some of the following recommendations.



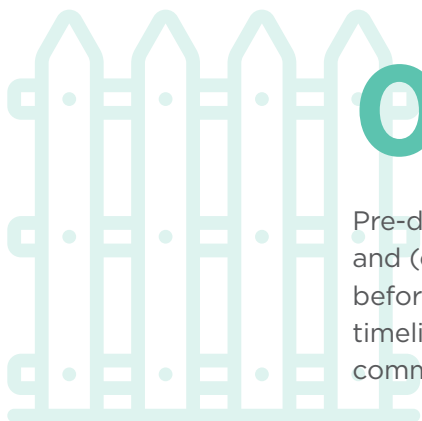
01 CHOOSE THE RIGHT PEOPLE

Select individuals who you respect and look up to (preferably of the same sex, unless selecting your spouse); who you can trust with your personal and confidential information; someone who challenges you but will not judge you; someone who you'd feel comfortable talking with anytime.



02 CONNECT ON A REGULAR BASIS

Meeting with your accountability buddy should not be a social or ad hoc occasion. Meetings should be planned in advance and should occur routinely (for example, every week). Where possible, meet in person, by phone or via video conference. Email or direct messaging is insufficient to foster the level of rapport required for accountability.



03 ESTABLISH BOUNDARIES

Pre-determine (a) how often you'll meet, (b) how long you will meet for, and (c) over what period of time (journey together for at least four weeks - before conducting a review to see if you want to continue). Having a finite timeline helps your accountability buddies stay vigilant and focused on the commitment.

Your Shortlist

When it comes to kicking a bad habit or building a new healthy one, it's not just what you do that counts. Rather, who you do it with is equally important. Healthy relationships play an important role in sourcing encouragement, being inspired and maintaining motivation.



Make a list of potential candidates you believe might make good accountability buddies. Identify the key quality traits they possess that you believe make them suitable.

NAME	QUALITY


**Therefore
encourage
one another
and build one
another up,
just as you
are doing.**

(1 THESSALONIANS 5:11 (ESV))



The 4x Challenge

In the next 4x days, share your key objectives with 4x buddies from your shortlist and invite them to help keep you accountable. If someone should decline, select the next person from your shortlist until you have reached the target of 4x accountability buddies. Then, over the next 4x weeks, plan 4x meetings (either collectively, or with each accountability buddy separately) to review goals, strategies and progress. Record names and meeting times below.

NAME		MEETING TIMES
	