

# Accountability Worksheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date: \_\_\_\_\_ dd / mm / yyyy

Instructions: This worksheet is designed to help individuals take responsibility for their actions and develop a sense of accountability. It is a tool to identify areas for improvement and plan actionable steps.

## UNDERSTANDING ACCOUNTABILITY

Describe a recent situation where you feel you could have been more accountable:

What were your actions in this situation?

How did your actions affect others?

Reflect on why you acted in this way:

## IDENTIFYING PATTERNS

Have you noticed any recurring patterns in your behavior that hinder accountability? Please describe:

What triggers or situations lead to these behaviors?

## SETTING ACCOUNTABILITY GOALS AND DEVELOPING STRATEGIES

List specific areas where you want to improve your accountability.

1. Specify below:

2. Specify below:

3. Specify below:

4. Specify below:

5. Specify below:

For each area, define a clear and achievable goal.

1. Specify below:

2. Specify below:

3. Specify below:

4. Specify below:

5. Specify below:

What steps will you take to reach these accountability goals?

1. Specify below:

2. Specify below:

3. Specify below:

4. Specify below:

5. Specify below:

How will you measure progress?

1. Specify below:

2. Specify below:

3. Specify below:

4. Specify below:

5. Specify below:

Identify potential obstacles and how you plan to overcome them?

1. Specify below:

2. Specify below:

3. Specify below:

4. Specify below:

5. Specify below:

**SEEKING SUPPORT**

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1. Who in your life can help you in your journey towards greater accountability?: \_\_\_\_\_

How will you seek their support?

2. Who in your life can help you in your journey towards greater accountability?: \_\_\_\_\_

How will you seek their support?

3. Who in your life can help you in your journey towards greater accountability?: \_\_\_\_\_

How will you seek their support?

4. Who in your life can help you in your journey towards greater accountability?: \_\_\_\_\_

How will you seek their support?

5. Who in your life can help you in your journey towards greater accountability?: \_\_\_\_\_

How will you seek their support?

**REFLECTING ON PROGRESS**

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Set dates for regular reflection on your progress: \_\_\_\_\_

Note improvements or challenges faced during your progress (fill this out on your said date):