

6-day

HELENA RADESON

goal
challenge

DAY 5

Can you believe it's DAY 5?! Can you feel yourself moving forward?

Who do you choose to track your progress?

To push you?

To cheer you on?

On DAY 5 in the 6-day GOAL challenge it's time for you to assign your Accountability Partner: The person to make sure that you get down to doing what you said you would!

Day 5 answers the question: Who is your support (to get where you want)?

It's true that it's easy to dream about everything we want to achieve, what we'd like to do, where we'd like to go. What's also true is that a lot of people fail in reaching their goals. The dropout rate is the highest in the implementation phase, when it's time to "start doing, stop dreaming". This is where too many, too often, start postponing, forgetting, finding excuses or in other ways diminishing their wishes and their need for that dream change.

When you're grounded in the previous four steps towards going where you want to go, assigning your Accountability Partner is going to be the ultimate game changer.

Your Accountability Partner is the person you turn to when you feel hopeless and on the verge of giving up, but also the one you tell all your victories, big and small. This is the person who is allowed to (even supposed to!) ask you 'How's it going?' without you feeling put in a corner. This is who you turn to for both support and cheer leading.

Name the person! When you have, let them know so they know they have your permission to push and pull! YOUR worksheet is updated for this game changing appointment.

How are you feeling so far? And what do you think is next for tomorrow, the 6th and last day?