

## **Your Accountability Blueprint**

### **PART 1: My Support System Map**

**Who do I already have?**

**Accountability Support** (checks in, keeps me on track):

*If I don't have this yet: Who could I ask?*

**Expertise Support** (knows things I don't):

*If I don't have this yet: Where could I find this? (Business Gateway, accountant, mentor)*

**Emotional Support** (believes in me, encourages me):

**Peer Support** (other people in the same boat):

*If I don't have this yet: Where could I find peers? (networking groups, online communities)*

## **PART 2: My Weekly Accountability Plan**

**Who will I check in with weekly?**

**When will we check in?** (day/time)

**What will we check in about?**

- What I committed to doing this week
- What I actually did
- What I'm struggling with
- What my goal is for next week

## **PART 3: When I Fall Behind**

**My warning signs that I'm off track:** (e.g., I'm procrastinating, I'm avoiding work, I haven't spoken to anyone in days)

**When I notice this, I will:**

1. Reach out to: \_\_\_\_\_
2. Ask for: \_\_\_\_\_
3. Remind myself: \_\_\_\_\_

## **PART 4: My Next Steps**

### **This week, I will:**

- Reach out to \_\_\_\_\_ and ask for accountability support
- Research one networking group or community to join
- Book in my first weekly check-in for \_\_\_\_\_(day/time)
- Tell \_\_\_\_\_ what I'm doing and ask for their support

### **One person I will contact THIS WEEK:**

### **What I'll say:**