Welcome to Dogbert's seminar on Work-Life Balance.

First, review this list of your priorities.

Family
Job
Exercise
Vacation
Must-Dos
Medical
Eating
Hygiene
Sleep
Romance
Holidays

You have time for three things. Work and holidays are two. You get to pick the third.
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Wellness for Workers
How Does Accountability Support Health Goal Achievement?
Accountability

• We have all heard the word “Accountability” used around goal setting, but why?
• Is it really that big of a deal?
• Can’t we just do it on our own?
Which goals were achieved and which weren’t?

1. Make a list of at least ten goals you have set
2. Write “MET” or “NOT MET” next to each one
3. Write at least one of the reasons why the “NOT MET” goals were not met
“MET” goals were accomplished with help of another person.

1. A friend, spouse, parent, or colleague who was in on your goal
2. It was a goal they shared with you
3. They were interested in you and how you were handling the action steps to achieve your goal
Another person doesn’t allow us to:

1. forget why it was so important
2. quit progressing toward it
3. decide it’s not worth the hassle
With Accountability

• you know exactly what you want
• when you want it
• there is at least ONE other person who has the same knowledge
• you are more likely to continue toward the finish line
Why involve another person?

It’s easier for us to keep working toward our goal just so we DON’T have to admit we “gave up” to another person.
Accountability Works

Shared Intention – When you share your intention with others, it becomes more real to you, which raises the stakes.
Accountability Works

Responsibility – By confiding in another person, you’re claiming responsibility to the goal you want to pursue. This creates a more focused outlook as you pursue your goal.
Accountability Works

Ownership – Own your goals by bringing another person or persons into the loop. When you take control by placing ownership on your goal – success is far easier reached.
Accountability Works

Commitment – Simply by communicating your plan with others forces you to commit. You almost have no choice but to commit at this stage!
Accountability Works

Commitment – You will be asked about your progress, checked on how things are going, and there will be interest in the entire process.
Accountability Works

Commitment – You almost have no choice but to commit at this stage!
Accountability Partner

Who can help you keep accountable to your goals so you can move them from the UNMET to the MET category?

Do you need an accountability partner?

Do you own your goals by bringing another person into the loop?

Who is that person going to be?
Accountability Partner

Make sure it is someone who will really stretch you.
Who won’t hold you back to their level.
It can be a friend, colleague or professional coach.
Make sure your AP will REALLY hold you accountable to setting and moving those goals to the “MET” category!
WHAT WOULD YOU ATTEMPT TO DO IF YOU KNEW YOU COULD NOT FAIL?
With accountability support...only you limit your capabilities!
Wellness for Workers Offers

• *Health educators* - encourage healthy lifestyles and wellness through educating individuals and communities about behaviors that can prevent diseases, injuries, and other health problems.

• *Lunch and Learns* - group discussions encouraging wellness through educating and supporting each other in the work place.
references

Simple Steps to Impossible Dreams: The 15 Power Secrets of the World's Most Successful People by Steven Scott

Goals and Goal Setting: Revised Edition (Fifty-Minute Series) by Larrie A. Rouillard

Goal Setting (Worksmart Series) by Susan B. Wilson
Savage Chickens

by Doug Savage

You've got a problem with avoiding personal accountability.

Ya, and whose fault is that?