



Sacred Depths

COACH CERTIFICATION

Tools for Creating Structure Resource Sheet

Pre-emptive Accountability Tools & Structures

In deciding what to put in place pre-emptively, you need to know what motivates accountability for client

Activate Desire/Need

- Why is this important to you?
- What will happen for you if you take action on this and accomplish it?
- What makes you happiest when you think about accomplishing this?
- Why is this a priority for you?

Avoiding Pain – *this is different than not wanting to be in discomfort*

- Why are you done with not taking action on this?
- What will things be like if you don't move forward?

When people believe they can get a task done or that what they are attempting is doable, it helps them to be more accountable. It's hard to be accountable to something you don't believe is doable for you.

Activate Self-Celebration - *building on strengths instead of weaknesses*

- What is it inside of you that will allow you to do this?
- What are the inner resources you have that will help you?
- What experiences have you had that let you know you're going to be able to do this?
- What are the resources you have to get this done?
- Why is this the perfect goal of you right now? Why is this the right goal for you right now?
- What help do you need to get this done?

Having clarity on task at hand and how to do it

It's hard to hold yourself accountable for something you don't know how to do.

- What are the specific actions you're going to take? Do you know how to do them?
- Do you need help/support around the details?
- What might get in your way?
- Where has this fallen apart before?
- What excuses are you going to tell yourself? And when you give yourself those excuses, what will you do?

Knowing someone else cares and is invested

You can be invested in the process with your client without making it about you

- Will you keep me posted on this?
- Will you let me know if you get off track? Not at the next session but as it happens.

Foundation needed

Don't underestimate the power of setting a strong foundation to support client in accomplishing the task

- What needs to be put in place for client to be successful?
- Who in your family needs to be on board with this?
- How much time will you need?
- What kind of environment do you need in order to make this happen? What materials do you need on hand? How can we set up the environment, so client doesn't have to struggle?

Ongoing Accountability Tools & Structures

If client is not taking action repeatedly, look at all the tools already in your tool chest – befriending fear, resistance archetype, myth of perfection, negative thoughts and patterns, etc. Additionally, these questions can create new insight and awareness for your client

- Is this aligned for you? (A yes/no question is about helping client feel in their heart a commitment inside themselves. The question itself reactivates motivation.)
- Why didn't you get it done? It might be an easy fix
- Do you want to adjust the task?
- What would be most helpful for you here?

Holding a Tighter Container

- For example, for 5 days, check in every day.
- A tighter container can be helpful because there is less space in the container to fall off track.
- This isn't a crutch forever; it's creating a pattern/new habit.
- If someone is having trouble, sometimes the opposite is the best thing to do, meaning invite client to take a break from the commitment for an established period of time (e.g., for 3 weeks)



Homework

1. Using the Accountability Tracker Sheet, design an accountability plan for yourself this week. Choose something you've been having trouble holding yourself to and then track yourself to see if you can execute on it this week?
2. If you're working with clients, make a list of your clients and see which ones might need a different kind of accountability. Assess them through the lens of accountability and what they might need.

Deeper Dive Journaling Prompts

- Complete the sentence: Being accountable feels.....
- Complete the sentence: I am willing to be uncomfortable when.....
- What feels at risk for you when holding yourself or others accountable?