

# Personal Weekly Accountability

<p>Primary Intention for the week _____</p> <p>Why is this important? _____</p> <p>Secondary Intentions _____</p>	<p>Sunday</p> <table border="0"> <tr> <td></td> <td>Did Do</td> <td>Did Not</td> </tr> <tr> <td>Elevated Emotion _____</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Visualization of Details _____</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Declaration I AM _____</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Action Step _____</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>What I did great today _____</td> <td></td> <td></td> </tr> <tr> <td>What I can improve _____</td> <td></td> <td></td> </tr> </table>		Did Do	Did Not	Elevated Emotion _____	<input type="checkbox"/>	<input type="checkbox"/>	Visualization of Details _____	<input type="checkbox"/>	<input type="checkbox"/>	Declaration I AM _____	<input type="checkbox"/>	<input type="checkbox"/>	Action Step _____	<input type="checkbox"/>	<input type="checkbox"/>	What I did great today _____			What I can improve _____																							
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What patterns, emotions, or behaviors came up?

What is one way I can improve next week?

There is a movement in humanity that is recognizing the power of setting intentions in your life. With all of the distractions going on in the world if we do not plan our intentions, choose our emotions, and take active engagement in accomplishing our goals then we become subject to the needs and desires of others' demands.

One of the most powerful techniques to master any skill or area of personal development is to make a choice of what you want to improve by determining a clear intention and then actively engage in what it takes to arrive there.

Each one of the elements of this accountability chart is supportive in aligning our thoughts, our vision, and our emotions, which all lead to improving our personal identity and thus moving closer to accomplishing our goals.

### How to use this personal weekly accountability chart?

At the beginning of each week choose a primary intention that you want to put your attention on. This is a goal that you desire to achieve. You can also list secondary intentions which are goals or tasks that also need your attention this week. Get very clear about where you want to focus your energy. If you don't know what to choose, then think about a skill you always wanted to gain, a business idea you have thought about, and never did. Or, simply begin by looking around you. What needs to be updated, cleared out, or sold to create a more enjoyable living space.

Next, You need to align your emotional state with that goal. Each day choose an elevated emotion. What does this mean? Think for a moment of how you would feel when your goal is achieved. Joy, excited, freedom, successful, abundant are just a few examples. Emotions are energy in motion. Choose an elevated emotion and keep your attention on that higher-level emotion by not letting anything in your outer environment dictate how you feel. This is causing an effect rather than an outdated model of cause and effect. Where historically we have allowed our outer environment to determine how we feel.

Next, take a few moments and visualize all of the details around accomplishing your goal. Add as much sensory engagement as you can. What does your goal feel like? Who do you see in your life supporting your goals? What are the tastes of the food you eat as you celebrate your accomplishment? What do you hear in your environment? Hold your attention on what you want to create and continue each day to add details. (A fantastic upgrade to this is to write these details down and read them each night as if it was already accomplished.)

Next, create an “**I AM \_\_\_\_\_**” statement. Whatever follows the words I am will be magnified and supported. Declare your higher-level truth in the form of present time. This is an elevated identity. Examples are I am confident. I am focused. I am clear. I am technically savvy. I am skilled. I am strong. Whatever level of being you want to integrate into your personal energy field. Declare it as truth. Remember to keep this statement positive.

Next, write down one step that you can take to move closer to your goal. This is you working in a flow towards your intention. Examples of this are getting more education, connecting with someone who has already accomplished it, researching the required equipment, creating a new workspace. Write down anything that you can take action on.

At the end of each day determine whether you did or did not do the intended task? This isn't to cause shame or condemnation. The purpose of this is for awareness. Watch for trends on how you didn't follow through. Also, congratulate yourself as a win each time that you accomplish any step that brings you closer to your desired intentions.

Reflect on your day and ask yourself "What did I do great today?" Did you maintain a higher level of emotion when chaos happened around you? Did you stay focused on your goal? Did you visualize well? And, knowing that we are here to evolve and learn by having an opportunity for a brand new day tomorrow. What is one area that you can improve upon next time?

Review the previous week as you set the intentions for your new week. If you have not accomplished the goal that you set out for then list it as the primary goal for the next week. If you have accomplished it and are ready to move on then celebrate your success in a healthy and joyful manner and continue to move forward.

New opportunities bring excitement and anticipation of possibilities. Stay committed to what is possible by managing your emotions and your thoughts, letting go of past grievances, choosing to love the life that you are creating every moment of every day. Recognize that who you are has tremendous value and what you are capable of when you focus your intention is what dreams are made of. After all, you never know how the action you take might enrich your life and inspire others. You got this!

Print copies of this chart as needed. Keep it visible and commit to creating the best life you can imagine.