

ACCOUNTABILITY WORKSHEET & SYNOPSIS

LESSON 1: A WORTHY IDEAL

Accountability Tasks

Week 1	Watch Video MORNING	Watch Video EVENING	Review/Revise Worksheet(s)	Watch Lesson 1 Facilitation Video
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

Week 2	Watch Video MORNING	Watch Video EVENING	Review/Revise Worksheet(s)	Watch Lesson 1 Facilitation Video
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

Accountability/Action Steps

I commit to spending five minutes when I wake each morning and again each night before I drop off to sleep visualizing my C-type goal.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

Lesson 1 Synopsis

Now that you have been studying lesson 1 for two weeks take the time to reflect and write-up a solid and concise synopsis of your thoughts on lesson 1 in the space provided below. Completion, submission and confirmation of receipt of this synopsis is required before continuing to the next lesson.

Writing this gives you the chance to make connections between what you are thinking, what you are learning, what you are doing and how you will apply the lesson in your life and in working with your clients. Please limit your submission to the one page provided here.

Name:	
Date:	