



Accountability Buddy Planning - Reflection Template

Having someone support you throughout your digital well-being journey can make all the difference. This activity helps you think through how to choose an accountability buddy and how to work with them effectively.

Take a few moments to reflect on the questions below. **Think practically – who in your life could support you, and how could you stay connected and motivated?**

1. My accountability buddy will be...

Write here who they are and why you chose them.

Tip: Think about someone who is supportive, reliable, and present in your daily life. Why do you think they would be a good fit?

2. We'll check in by...

Write here how and how often you'll communicate.

Tip: Decide on the best methods for regular check-ins. Will you use phone calls, messages, or in-person meetings?

3. The biggest challenge I might face is...

Write here how my buddy can help you overcome it.

Tip: Identify possible obstacles and think about how your accountability buddy can help you overcome them.

4. My accountability buddy will be...

Write here how you'll track your progress, for example by; Journaling, an app, voice notes, etc.

Tip: Consider keeping a journal, using an app, or another method to monitor your progress. How will you share this with your buddy?

5. We'll celebrate progress by...

Write here how you'll celebrate your progress, for example: A small reward, message, virtual coffee, etc.

Tip: Think about ways to celebrate your progress together. How will these celebrations help you stay motivated?