

# Accountability Quick Start Guide

Here's a simple five-step process to get unstuck and gain momentum towards your goals:

## Set a Vision

What's one area of your life you want to grow in? Your health, your career, your relationships, your faith? Even better if you have a specific goal in mind.

*I want to get in shape. I want to run a 5K.*

## Break it Down

Pick **one small habit** that will help move you towards this goal. The goal here is to start momentum. You can always increase the difficulty later on.

*I'm going to go to the gym five times this week. I don't even have to work out, I just have to go there.*

## Get an Accountability Partner

Ask one friend if they can help you. Specifically:

*"I'm trying to get better at \_\_\_\_\_, so to do that, I'm going to \_\_\_\_\_ every day/week. Can you help me?"*

Ask them to: (1) put a reminder on their phone to check in with you once a week and ask you (2) how the week went and (3) what you're planning to do differently next week.

## Track It

**1. The Analog Way:** Print out a [calendar](#) and hang it on the wall. Check off each day that you complete your habit.

**2. The Digital Way:** Download [Lattis](#). Set up a single goal, add a single habit to your goal, and invite a friend to a group to track it. You can do this for free for 30 days.

## Dial it In

At the end of the week, ask yourself two questions:

1. Is this habit moving me towards my vision?
2. Is this habit too easy or too hard?

Send your partner a message letting them know (1) how you did and (2) what you'll change to improve next week.

If you have questions, or you're looking for additional support, feel free to email me at [charlie@lattisapp.com](mailto:charlie@lattisapp.com).