

NAME _____



ACCOUNTABILITY MIRROR

PERSONAL ACCOUNTABILITY HOMEWORK



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1. Result: Please write down a personal goal that you would like to achieve.

2. Behavior: What types of actions will you take to achieve your result?

3. Mood: What type of mood states, emotions or feelings will have to be prominent throughout the process to achieve your result?

4. Thoughts: What thoughts will you have to have in order to achieve your result?

5. Story: What is the story you will tell yourself if you achieve your result or do not achieve your result?



- 1. Result:** Please write down a professional goal that you would like to achieve.
- 2. Behavior:** What types of actions will you take to achieve your result?
- 3. Mood:** What type of mood states, emotions or feelings will have to be prominent throughout the process to achieve your result?
- 4. Thoughts:** What thoughts will you have to have in order to achieve your result?
- 5. Story:** What is the story you will tell yourself if you achieve your result or do not achieve your result?



GETTING RESULTS: PERSONAL

		M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su
Result															
Behaviors															
Moods															
Thoughts															

Y = I was easily able to maintain my goal thoughts, moods and behaviors to get my result.
O = I had difficulty maintaining my goal thoughts, moods and behaviors, but was able to override negativity to reach my goal for the day.
N = I was not able to maintain my goal thoughts, moods, and behaviors in this instance.

GETTING RESULTS: PROFESSIONAL

		M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su
Result															
Behaviors															
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COMMENTS

OVERALL ANALYSIS

