



Buddy Accountability Partners:

Here are your buddy partners for the next 4 weeks (we will swop every 4 weeks to give you the most out of the experience). Please find each other on Facebook and agree to find a time to meet once a week (using Skype or Phone).

Claire Stade and Cherie Chisholm
Stacey Davidson and Ani Wilson
Chantal Sauve and Jane Gruebner
Julia Huzziff and Brad McGill
Kevin Hilliam and Kristin Moolman

The calls/meetings you have should be approximately 30 minutes in duration with you each taking 15 minutes to answer and discuss the questions below.

Please note that this is a time for you to be asked the questions as per below. It is not a coaching session (unless you give each other permission). We usually know our own answers, we just someone else's perspective or for them to listen.

Your partnership will be successful if you simply hold a space for the growth to occur.

Feel free too, to share your successes and/or challenges on our Facebook page so we can all hold you accountable too, and cheer you on.

Weekly Accountability

During your weekly catch up you'll want to review:

1. What are your C Goals?
2. What have you done this week that supports your goals?
3. What you have found challenging?
4. What are you going to do to overcome your challenge?
5. What is ONE action you can take in the next 7 days that will create positive change?
(Remember it's about changing one habit at a time!)