

# ACCOUNTABILITY IS KEY



In order to stay on track with everything you have learned and achieved, and to ensure you are going at your own pace and not forcing things at an unmanageable pace, it is key to have some accountability.

there are a few options,

- Find someone in your close social or family group
- You can check in with other course members
  - or what most people do is sign up to the
- 90 day accountability programme

# 90 DAY ACCOUNTIBILITY PROGRAMME



- Discover your overall goals value
- Agree your incremental changes
- Get regular calls from me at a time to suit you to check that you are happy where you are and give tips on keeping on track
- have one full length 1:1 coaching session anytime within the 90 days (with the option of more at a 15% price reduction)

3 monthly payments of £49 or one off £127

# NOTES AND DOODLES

