

# ACCOUNTABILITY

**You know you are accountable and responsible for your own life.**

No one, no one else is accountable for your life. It is your life and while you can't control what others do, you can control your reaction to what they do.

Blame does no good. Avoidance does no good. Denial does no good. The only good is when you face yourself and your own accountability. You are in control. You get to decide. You get to choose.

If you do not finish something on time who is responsible? You are. Sure, there are interruptions. But, you should be able to work ahead of time and should always allow for interruptions as interruptions are a part of life. In all that we do the key is to plan ahead. Plan so that things are done ahead of time. Busy people get things done. They have the same 24 hours a day. They just make themselves accountable to a focused plan. They plan and then they carry out the plan, adjusting as needed.

Too often we commit and then we allow ourselves to get distracted. Once distracted we drift off and, without a plan, we fail to do that which we had wanted to do. Then we feel bad, we feel let down, and we feel we have failed. Well, let's just say we have been given a lesson. But, have we learned anything?

There is no value in beating ourselves up nor any value in denial. When we 'miss the mark' the key is to calmly, without judgment, review why and what we can do in the future to prevent that from happening again. Now we have value and we have learned. Next time we can be better. Next time we won't make the same mistake.

We feel good and successful when we are accountable to ourselves. Success breeds success.

An accountability coach, mentor, or friend has great value. Having to report to another makes us more apt to follow through and do as we committed. Just the responsibility of reporting makes us focus. So, get someone. Get someone and watch how much more you accomplish and how much better you feel about yourself.

To be accountable we need to start with our priorities and what we truly want and need to get done. First things first, as they say. You need to make a plan and then execute the plan adjusting as needed. Planning ahead is key.

Farmers plant their crops at a given point in the year and then harvest at another point. They plant and harvest based on the weather. If late, they can't catch up. If they don't harvest when it's time they lose crop. It's as simple and as difficult as planning and executing the plan.

Be accountable and execute based on a plan. We all have the same 24 hours each day and we all have different priorities and interruptions. Don't plan for more than you can do. Don't accept accountability to do that which you do not want to do or do not have time to do.

Guard your time and actions based on what you want to be accountable for and what will feel good to you. Then, plan and execute the plan.