# Accountability Date:

**Delete blue text before printing** – *As the coach you can use this worksheet as your very own cheat sheet to navigate your client through a session.*

*This questioning model is excellent to use for weekly accountability coaching sessions (short 30 min sessions, same time, same day for at least 3 months). Ask these same questions each week.*

|  |  |
| --- | --- |
| 1.  | What did you agree to do at the last meeting?  |
|  |  |
| **2.** | **What have you accomplished since our last meeting?** |
|  |  |
| **3.** | **What didn’t get done?** |
|  |  |
| **4.** | **What have you learnt since our meeting?** |
|  |  |
| **5.**  | **What is challenging?**  |
|  |  |
| **6.**  | **The opportunities do you perceive?** |
|  |  |
| **7.**  | **What will you achieve this week?** |
|  |  |