

Accountability Compass Worksheet

Finding Your True North: Values Assessment

1. What are the 3-5 core values that should guide your decisions and behaviors?
 - _____
 - _____
 - _____
 - _____
 - _____
2. For each value above, describe one specific behavior that would demonstrate alignment with this value:
 - _____:

 - _____:

 - _____:

Mapping Your Terrain: Self-Control Challenges

3. Identify three specific areas where you struggle with self-control:
 - _____
 - _____
 - _____
4. For each challenge area, rate your current level of difficulty (1-10) and identify your ideal "true north" direction:
 - Challenge: _____ | Difficulty: ____ | True North: _____
 - Challenge: _____ | Difficulty: ____ | True North: _____
 - Challenge: _____ | Difficulty: ____ | True North: _____

Setting Up Your Compass: Accountability Systems

5. Personal accountability methods I will implement (check all that apply):

- ☐ Daily journaling
- ☐ App or habit tracker
- ☐ Visual progress chart
- ☐ Calendar blocking
- ☐ Regular self-assessment
- ☐ Other: _____

6. External accountability I will establish:

- ☐ Who: _____
- ☐ How often we'll check in: _____
- ☐ What specifically I'll share: _____
- ☐ How they can best support me: _____

Navigational Tools: Environmental Support

7. For each challenge area, identify three environmental changes that could support your self-control: **Challenge 1:** _____

- ☐ _____
- ☐ _____
- ☐ _____

8. **Challenge 2:** _____

- ☐ _____
- ☐ _____
- ☐ _____

Course Correction Protocol

8. When I notice myself getting off track, my step-by-step plan to recalibrate will be:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

9. Three phrases I can use as a personal mantra when facing temptation:

- ☐ _____
- ☐ _____
- ☐ _____

Calibration Schedule

10. I will formally review my accountability compass:

- Daily for ____ minutes
- Weekly on _____ for ____ minutes
- Monthly on the ____ for deeper reflection
- Quarterly for comprehensive assessment and adjustment

Journey Log: Progress Tracking

Use this space to periodically note significant milestones, insights, or course corrections in your self-control journey:

Date: ____ **Observation:** _____

Adjustment made: _____

Date: ____ **Observation:** _____

Adjustment made: _____

Date: ____ **Observation:** _____

Adjustment made: _____

Remember: Like any compass, accountability works best when consulted regularly and trusted even when the path forward seems difficult. Your journey toward greater self-control is not about perfection but about having reliable tools to find your way back when you temporarily lose your bearings.