Potential is never realized without work.
What is Accountability?

• Making sure what’s supposed to happen, happens

• Doing what you say you will do (dwysywd)
Accountability relationships have 2 aspects:

**Director:**

"Be here at 5p.m."

**Provider:**

*Arrives by 5p.m.*
“If you look into the mirror and you see a fat person, don’t tell yourself that you need to lose a couple of pounds. Tell the truth. You’re f****** fat!! It’s okay. Just say you’re fat if you’re fat.

…the dirty mirror that you see every day is going to tell you the truth every time, so why are you still lying to yourself? So you can feel better for a few minutes and stay the f****** same?

…If you’re fat you need to change the fact that you’re fat because it’s very f****** unhealthy. I know because I’ve been there.”

–David Goggins
# Stephen Covey’s 4 Quadrants

<table>
<thead>
<tr>
<th></th>
<th>Urgent</th>
<th>Not Urgent</th>
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<tbody>
<tr>
<td>Important</td>
<td><strong>Quad I</strong></td>
<td><strong>Quad II</strong></td>
</tr>
<tr>
<td>Activities</td>
<td>Crisis</td>
<td>Prevention, capability improvement</td>
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<tr>
<td></td>
<td>Pressing Problems</td>
<td>Relationship building</td>
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<td></td>
<td>Deadline Driven</td>
<td>Recognizing new</td>
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<td>opportunities</td>
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<td></td>
<td></td>
<td>Planning, recreation</td>
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<tr>
<td>Results</td>
<td>Stress</td>
<td>Results</td>
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<td></td>
<td>Burn-out</td>
<td>Vision, perspective</td>
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<tr>
<td></td>
<td>Crisis management</td>
<td>Balance</td>
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<tr>
<td></td>
<td>Always putting out fires</td>
<td>Discipline</td>
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<tr>
<td></td>
<td></td>
<td>Control</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Few crisis</td>
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<tr>
<td>Not Important</td>
<td><strong>Quad III</strong></td>
<td><strong>Quad IV</strong></td>
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<tr>
<td>Activities</td>
<td>Interruptions, some callers</td>
<td>Total irresponsibility</td>
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<td></td>
<td>Some email, some reports</td>
<td>Fired from jobs</td>
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<td></td>
<td>Some meetings</td>
<td>Dependent on others or institutions for basics</td>
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<td>Proximate, pressing</td>
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<td>matters</td>
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<tr>
<td></td>
<td>Popular activities</td>
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<tr>
<td>Results</td>
<td>Short term focus</td>
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<tr>
<td></td>
<td>Crisis management</td>
<td></td>
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<tr>
<td></td>
<td>Reputation – chameleon character</td>
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<tr>
<td></td>
<td>See goals/ plans as worthless</td>
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<td></td>
<td>Feel victimized, out of control</td>
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<tr>
<td></td>
<td>Shallow or broken</td>
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<tr>
<td></td>
<td>relationships</td>
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Goals are within your control*

Goals
- I will do 100 sit ups per day
- I will apply for 1 job per day
- I will fill out the paperwork
- I will save $1 per day

Outcomes
- I will get abs
- I will get a job
- I will get my tax return
- I want to save more money
Potential is never realized without work.
What do they all have in common?
Learning Objectives

• To remember what affirmations are and why they are important
• To understand 4 keys to attainment
• To engage and adopt affirmations of choice
What are AFFIRMATIONS?

• SELF-TALK; INTERNAL DIALOGUE

• Consciously choosing words that will either help eliminate something from your life or help create something new in your life.

Everything you say and think is an AFFIRMATION!

“...I am now taking responsibility....”

“...I am aware that there is something I can do to change....”
He who cannot command himself shall obey. And many a man can command himself, but much is still lacking before he can also obey himself!

Friedrich Nietzsche
Four Steps to Effective AFFIRMATIONS

1. Want It
2. Ask For It
3. Intend It
4. Work For It
1. YOU GOTTA WANT IT

• Where do you want to be in a year?

• What are you tired of and ready to change?

• What would make you happy?

• What do you really, really, really, really want?
2. Don’t Be Afraid to **ASK FOR IT**

“YOU HAVE NOT BECAUSE YOU ASK NOT.”

STEVE HARVEY, #426
3. Remember to **INTEND IT**

By banishing doubt and trusting your intuitive feelings, you clear a space for the power of intention to flow through.

*Winston W. Tyson*

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**Good intentions are useless until they are expressed in appropriate action!**

Napoleon Hill
4. **WORK** for it...everyday
Repeat Affirmations at Least Twice a Day

“I am excited about...” + [your goal]
More Affirmations

1) “I deserve what I desire”
2) “I am more than what bothers me. I am more than my troubles”
3) “I am entitled to have things improve in my life”
4) “It is my desire to keep my promise regarding all of my financial obligations”
5) “I am excited about [doing 50 burpees a day for the next 64 days]…”
Benjamin Elijah Mays 1894 -1984

- Born in South Carolina; parents formerly enslaved
- Father wanted him to stay on the farm
- Started High School at 19
- Earned PhD at 37
- Dean, Howard U. School of Religion (1934 -1940)
- President, Morehouse College (1940 -1967)
- Mentor to Martin Luther King, Jr.
- President, Atlanta Board of Education (1970 -1981)
- Wrote 4 books
- Received 30 honorary doctorates

The one who starts behind in the great race of life must forever remain behind, or run faster than the one in front.

-Benjamin E. Mays