Accountability 101

Fall 2022 Colloquium
Realization Project Fellowship

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

:

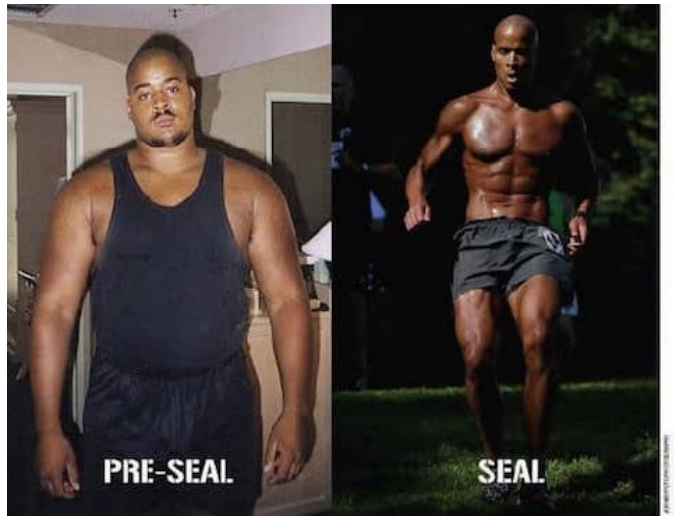
:

"Be here at 5p.m."

Provider :

Arrives by 5p.m.

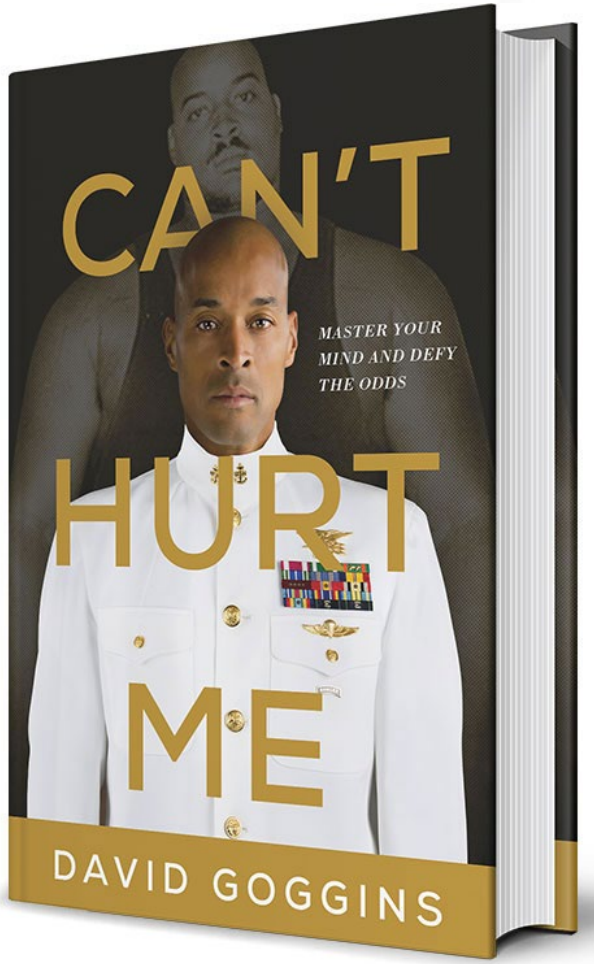
The Accountability Mirror



*"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

	Urgent	Not Urgent
Important	**Quad I** **Activities** • Crisis • Pressing Problems • Deadline Driven **Results** • Stress • Burn-out • Crisis management • Always putting out fires	**Quad II** **Activities** • Prevention, capability improvement • Relationship building • Recognizing new opportunities • Planning, recreation **Results** • Vision, perspective • Balance • Discipline • Control • Few crisis
Not Important	**Quad III** **Activities** • Interruptions, some callers • Some email, some reports • Some meetings • Proximate, pressing matters • Popular activities **Results** • Short term focus • Crisis management • Reputation – chameleon character • See goals/ plans as worthless • Feel victimized, out of control • Shallow or broken relationships	**Quad IV** **Activities** • Trivia, busy work • Some email • Personal social media • Some phone calls • Time wasters • Pleasant activities **Results** • Total irresponsibility • Fired from jobs • Dependent on others or institutions for basics

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

Affirmations 101

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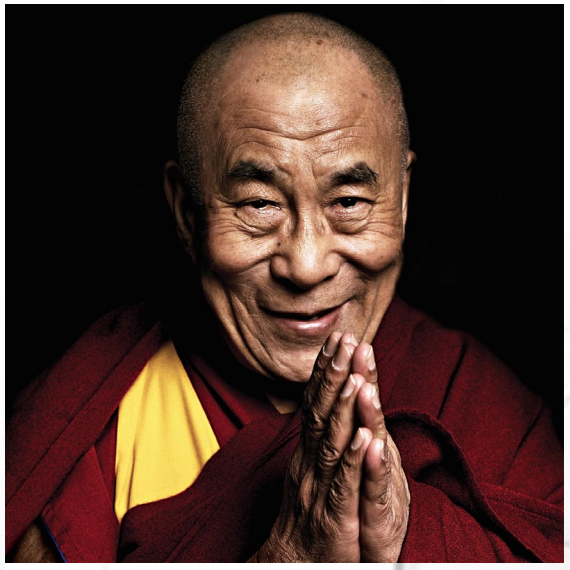
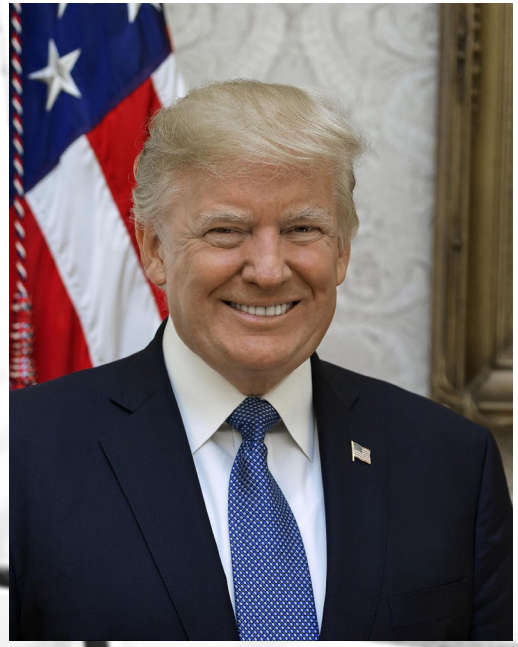
What do they all have in common?





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 AFFRIMTION!

"…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?

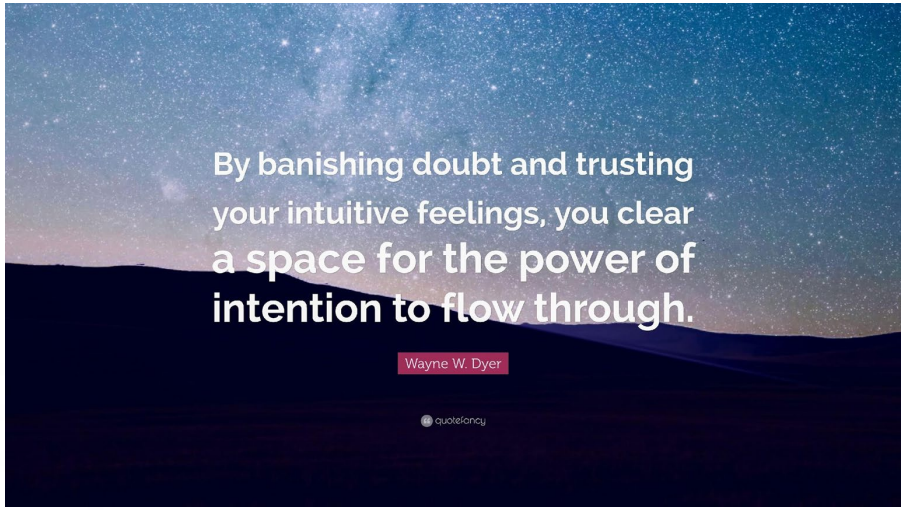
2. Don’t Be Afraid to ASK FOR IT

“YOU HAVE NOT
BECAUSE
YOU ASK NOT.”

STEVE HARVEY, #426

LISTEN NOW!

3. Remember to INTEND IT



4. WORK for it…everyday

Repeat Affirmations at Least Twice a Day

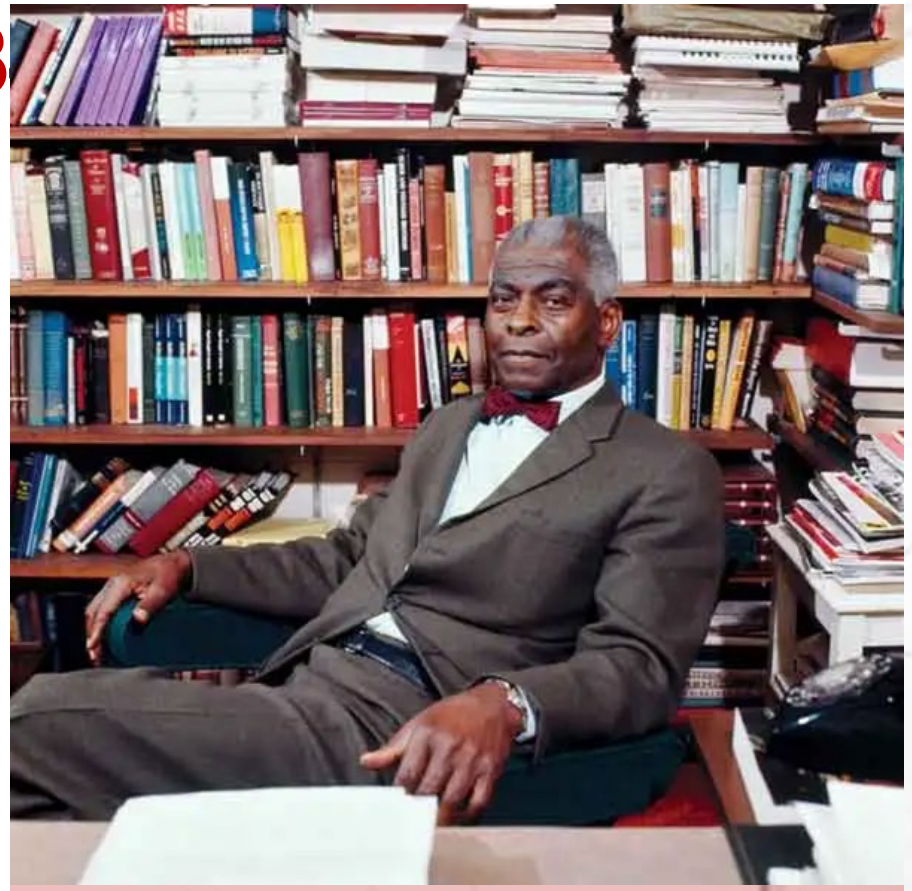
“I am excited about...” + [your goal]

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 -198

- 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