



# Sacred Depths

## COACH CERTIFICATION

### Accountability Tracker Sheets

#### Accountability Tracking Chart 1

What is the habit I'm committing to this week?

*(ex: meditate daily, yoga 3 times, no nail biting, one prospect outreach/day, etc.):*

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Why I am committing to this habit:

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How I will reward myself if I follow through with the habit:

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	<i>Did I take the action?</i>	<i>If yes, what allowed me to take the action?</i>	<i>If no, why didn't I take the action?</i>	<i>What piece of information or wisdom do I want to remember for tomorrow?</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Accountability Tracking Chart 2

	<i>What is the ONE ACTION I absolutely commit to taking today?</i>	<i>How will it help me reach my goal?</i>	<i>Did I take the action?</i>	<i>What did I learn?</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				