



Sacred Depths

COACH CERTIFICATION

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): _____

Why I am committing to this habit: _____

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

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

Accountability Tracking Chart 2

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