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MODULE 2

What is stopping me  
from holding myself  
accountable?

Lesson 5



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from holding myself  
accountable?

**Supercharge Your Motivation**  
**Authentika Academy**

**Authentika Consulting Inc.**

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# What is stopping me from holding myself accountable?

There are many factors that prevent you from being accountable to your goal. A study from the University of Scranton, in Pennsylvania, reveals that 92 percent of people fail at setting goals, so rest assured, it is quite common, and failing is normal.

The most common reasons people don't stick with their goal and hold themselves accountable include:

- fear of failure;
- fear of embarrassment;
- not sharing your goal with others, so maybe it isn't real and it doesn't matter if you don't succeed;
- not asking for help and soliciting the help of an appropriate accountability partner;
- other people bringing you down - nay-sayers, or those who try to take credit for your idea, fear of comments from people who don't understand you or show you empathy;
- concern about getting it right or not being able to make it perfect;
- fear of embarrassment if you make a mistake or if others think your goal is silly

List the top three challenges that stop you for taking personal accountability. Then describe why this obstacle is getting in your way. Don't worry about what you capture, just get your thoughts out of your head and into this worksheet.

Set a timer and give yourself no more than 15 minutes for this assignment. Just write down whatever comes to mind. Don't overthink it.

*1. My challenge is:*

*It is preventing me from taking personal accountability because.....*

## *2. My challenge is:*

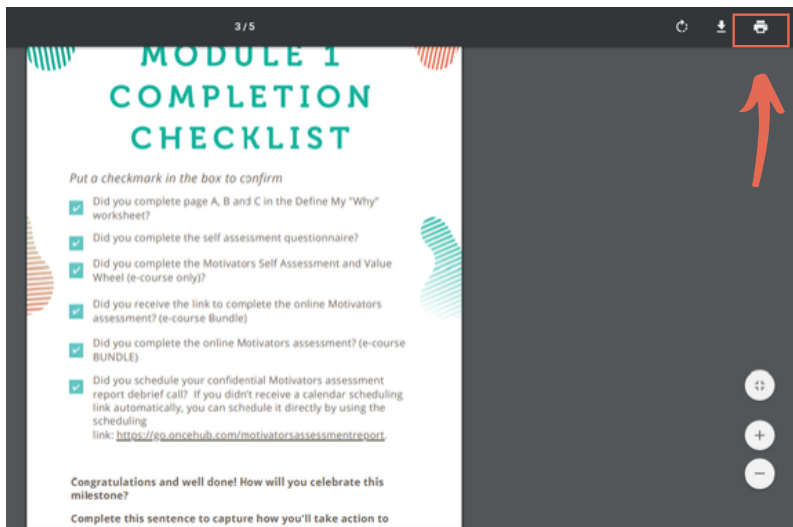
*It is preventing me from taking personal accountability because.....*

*3. My challenge is:*

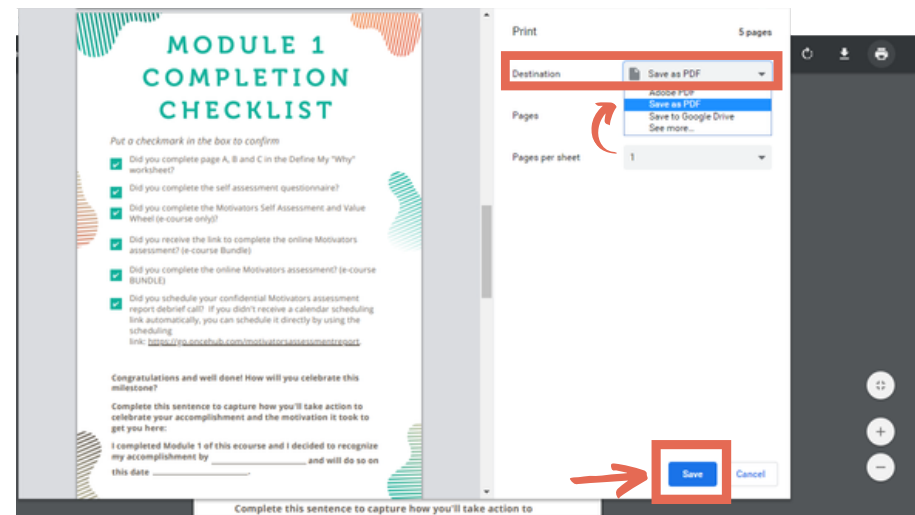
*It is preventing me from taking personal accountability because.....*

# Guide on how to save your worksheet

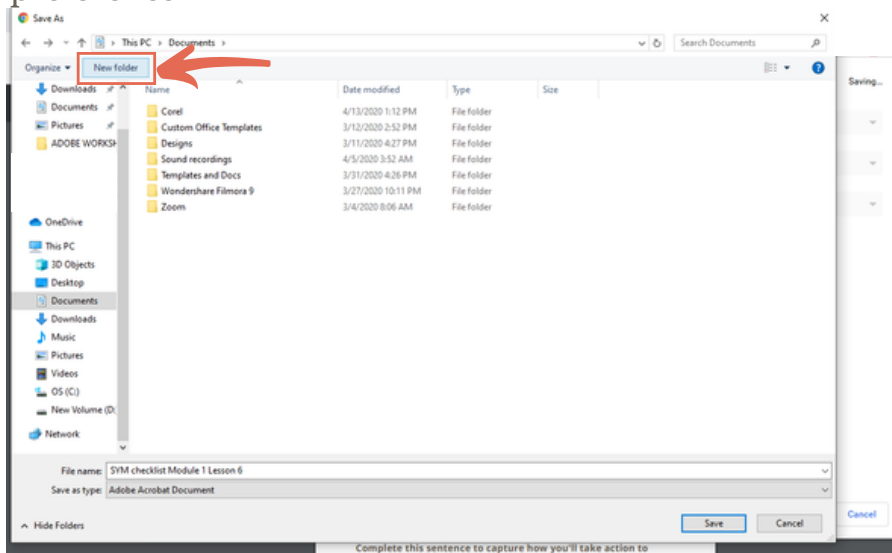
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

