**Free Accountability Worksheet from GLJ Fitness**

**1. How did last week go on a scale of 1-10 (10 being amazing)?**

Things to think about: Was it a tough week? Did you struggle? Was it amazing? Did it leave you feeling empowered and awesome?

1 2 3 4 5 6 7 8 9 10

**2. What was your biggest *priority* last week?**

Things to think about: What did you focus on? What did you put above everything else? What was most important to get done?

**3. Did you *accomplish it*? And if not, why?**

Things to think about: Did you successfully complete your main focus for last week? If you did accomplish it how did you feel? If you didn't, why not?

**4. What did you *learn* last week?**

Things to think about: Remember you learn more from your mistakes than your success' so it's not *'win or lose'*, it's *'win or LEARN'*.

**5. What was your biggest *highlight* last week?**

Things to think about: Was is a work project? A new personal best at the gym? A mindset breakthrough? Try to narrow it down to just 1 highlight.

**6. What was your biggest *obstacle* last week?**

Things to think about: What did you struggle with most? What was something that threw you off track or made you less productive?

**7. What do you need to *solve* it?**

Things to think about: How do you think you could resolve the obstacle you faced? What would you do next time to avoid/tackle it?

**8. What are you going to *change/focus* on this week to make it awesome?**

Things to think about: What are you going to do differently this week to make it better than last week? What is your highest priority this week?