

# FINDING YOUR IDEAL ACCOUNTABILITY PARTNER

Having an accountability partner is key when trying to stay motivated to keep up with your goals. After you have taken the Fear Assessment and figured out what your Fear Archetype is, take some time to see who your most ideal accountability partner may be!

FEAR ARCHETYPE	IDEAL ACCOUNTABILITY PARTNER
 <p><b>THE SELF-DOUBTER</b></p> <p><b>Primary fear:</b> Struggles most with the fear of not being capable, which often manifests itself as deep feelings of insecurity and fear of not being good enough.</p>	 <p><b>THE EXCUSE MAKER:</b> Good team player and excellent cheerleader</p>  <p><b>PESSIMIST:</b> Tend to be caring and compassionate and possess a high level of empathy.</p>
 <p><b>THE EXCUSE MAKER</b></p> <p><b>Primary Fear:</b> Struggles most with the fear of taking responsibility, which can manifest itself as the fear of being held accountable, or the fear of being blamed</p>	 <p><b>THE SELF-DOUBTER:</b> Goes above and beyond to do a good job and is a hard worker.</p>  <p><b>THE OUTCAST:</b> Self-motivated and driven to succeed and willing to take risks.</p>
 <p><b>PESSIMIST</b></p> <p><b>Primary Fear:</b> Struggles most with the fear of adversity, which can manifest itself as the fear of experiencing hardships and difficulties or the fear of pain.</p>	 <p><b>SELF- DOUBTER:</b> They are good listeners, kind and empathetic. They are also very hard workers and will go above and beyond to do a good job.</p>  <p><b>RULE FOLLOWER:</b> Extremely trustworthy and responsible, loyal and can be counted on to look out for other people.</p>  <p><b>PROCRASTINATOR:</b> Tends to be very well organized and gives great attention to detail</p>

## FEAR ARCHETYPE

## IDEAL ACCOUNTABILITY PARTNER



### PROCRASTINATOR

**Primary fear:** Struggles most with fear of making a mistake which often manifests itself as perfectionism and the fear of commitment.



**OUTCAST:** Persistent and willing to take risks and not easily discouraged by failure



**PESSIMIST:** Tends to be caring and compassionate, possess a lot of empathy for others. They are typically quite social, good listeners, and can also be thoughtful and reflective



### THE RULE FOLLOWER

**Primary Fear:** Struggles most with an outsized fear of authority which often manifests itself as an irrational aversion to breaking the rules or doing something that is perceived as “not allowed”



**THE EXCUSE MAKER:** Team player and cheerleader, keen observer who learns from others’ successes and mistakes



**OUTCAST:** Willing to take risks and not easily discouraged by failure



### THE PEOPLE PLEASER

**Primary Fear:** Struggles most with the fear of being judged, which also manifests itself as the fear of letting people down and the fear of what other people might say



**OUTCAST:** Self-motivated and driven to succeed and willing to take risks



**THE EXCUSE MAKER:** Good team player and excellent cheerleader.



### THE OUTCAST

**Primary Fear:** Struggles most with the fear of rejection, or a fear of trusting other people - a fear that often manifests itself by rejecting others before one has the chance to be rejected.



**RULE FOLLOWER:** Extremely trustworthy and responsible, loyal and can be counted on to look out for other people.



**PEOPLE PLEASER:** They are usually the nicest, most thoughtful, generous and caring people around. They are also very considerate and go out of their way to help.



**PROCRASTINATOR:** focused, driven, and diligent. They possess strong work ethic and are very trustworthy.

# ACCOUNTABILITY PARTNER CHECK IN

Check in date: \_\_\_\_\_

What is **my** Fear Archetype?

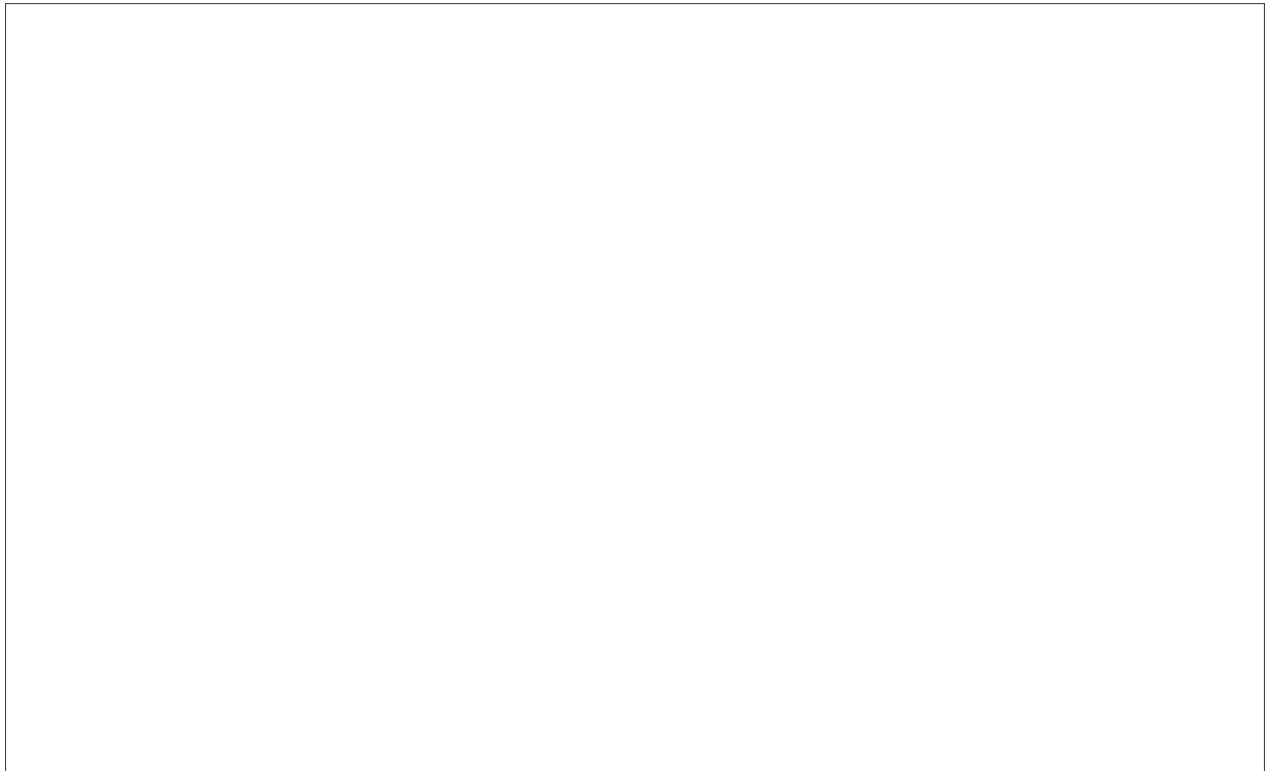
What is **my partners** Fear Archetype?

What did my partner and I **discuss**?

What is it I want to be **held accountable** for?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What do I commit to **holding my partner accountable** to?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.