

Accountability Part 5

To reach full potential an individual needs the help or support of others. Gal. 6: 7 states that “Do not be deceived: God cannot be mocked. A man reaps what he sows.” Thus, if an individual wants a life marked with integrity and purpose, s/he must invest in accountability relationships that will keep her/him focused on what is important.

One of the many reasons why people do not implement their plans or reach their goals is the lack of accountability. Accountability is what separates the great leaders from the mediocre. Studies indicate that the individual who achieves weight loss and develops a healthier lifestyle is the person that has an accountability partner like a trainer or nutritionist. There is something about having to give account to another person for one’s actions that motivates an individual to stay on track with goals. Just as we need accountability to reach health goals, we need accountability to be great leaders.

Benefits of accountability by various writers include the following:

- Accelerates performance.
- Helps measure success and progress.
- Ensures engagement. Lessens distraction.
- Helps one to remain responsible for actions or inactions.
- Affirms thoughts and ideas with inclusion of another person’s perspective.

Please give a thought to starting a life of accountability by finding and committing to an accountability partner and becoming personally responsible for your actions instead of finding someone or something outside of yourself to blame. You may also choose to encourage individuals around you to feel safe and comfortable in asking you questions about your actions, behaviours and plans.

Have a blessed month.