How to Get Started with an Accountability Partner

**SEARCH FOR THE RIGHT PERSON.**
Go to local meetups, join topic-related forums, talk to members of your online groups and reach out to friends who are interested in this type of partnership. If you get stuck, you can leverage online (and offline) resources to find an accountability partner.

**BE OPEN TO SOMEONE WITH A DIFFERENT BACKGROUND.**
Look for someone who is at (or slightly above) your current level of success. You want to challenge one another, not create an arrangement where one person is coaching the other.

**APPROACH YOUR FAVORITE CANDIDATE.**
When you find someone who seems like an ideal accountability partner, ask if s/he is interested in this type of meeting. Explain the concept, outline the mutual benefits of the commitment and simply ask if s/he is interested.

**PICK A DAY, TIME AND TYPE OF MEETING.**
Regularly check in with each other and provide mutual accountability. Keep a consistent schedule. The two of you should sit down, compare your weekly schedules and find a day/time that works best on a consistent basis.

**CREATE WEEKLY ACCOUNTABILITY STATEMENTS.**
The best type of accountability statement is one that is related to your primary goal, has a clear outcome and is doable in a specific time frame. To make the process easy to remember, I suggest using the PACT acronym:

- **P.** Possible - Is the goal in the accountability statement achievable?
- **A.** Actionable - Can you take action on the goal?
- **C.** Clear - The statement should always be as simple and direct as possible.
- **T.** Time-Bound Deadline - There should be a clear deadline for your commitment.