

# *TOP FLIGHT ATHLETICS*

## How to Hold Me Accountable

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### ***How do you want to be held accountable?***

Since everyone's motivations are different, I'd like you to tell me how I should respond in these situations:

**If you are not prepared for a scheduled meeting (first time), would you like me to:**

- ☐ Immediately request to reschedule
- ☐ Spend the meeting discussing why you were unprepared and how to better manage your time

**If you are not prepared for a scheduled meeting (repeated offense), would you like me to:**

- ☐ Immediately request to reschedule
- ☐ Pause our coaching relationship while you reprioritize your tasks
- ☐ Suggest a time-management coach to help you

**If you do not complete the work required to move forward toward your goals (first time), would you like me to:**

- ☐ Help you explore potential roadblocks and solutions
- ☐ Revise our plan to include smaller sub-goals

**If you do not complete the work required to move forward toward your goals (repeated offense), would you like me to:**

- ☐ Revise our plan to include smaller sub-goals
- ☐ Impose a monetary fine
- ☐ Pause our coaching relationship while you reprioritize your tasks

**If, after \_\_\_\_\_ days of coaching, you have not achieved the goals we outlined at the beginning of our relationship, would you like me to:**

- ☐ Suggest a different coach who you might work better with
- ☐ End our coaching relationship
- ☐ Revisit our initial agreement and revise accordingly



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**THE SKY IS THE LIMIT FOR THOSE WHO TAKE FLIGHT**