

THE POWER UP # 5

Activating Belief and Trust Through Accountability Worksheet

Belief and trust aren't built on words; they're built on accountability and ownership. This worksheet focuses on transitioning from theory to practice. Grab a pen. Be real. Don't dodge.

MICRO-COMMITMENTS MATTER

Choose one small, clear thing you will do today. Write it down. Then do it, no matter what.

My Micro-Commitment for Today:

Reflection: How will keeping this promise shift the way I see myself tomorrow?

BE FIRST

Accountability is contagious, but someone must take the first step. Don't wait. Own your part.

Conversation I Need to Have:

What I Will Own First:



CHANGE THE QUESTION & CHANGE THE CONVERSATION

Swap blame for belief. Change the question.

Situation 1 (Old → New):

Situation 2 (Old → New):

RUN THE TRUST AUDIT

Two lists. No excuses.

What Builds Others' Trust in Me:

What Burns Others' Trust in Me:

THE MIRROR TEST

Ask yourself: "If I worked for me, would I believe in me?" My Honest Answer. Why:

One Shift I'll Make Tomorrow:

THE POWER OF YOU
© TIM WINDSOR

