



IMPROVE YOUR ACCOUNTABILITY. GET MORE RESULTS.

BROUGHT TO YOU BY **TONY ROBBINS RESULTS COACHING**

Our failure to hold ourselves accountable is often the top reason we don't meet, or exceed, our goals. With a little coaching, it becomes easier to stay more accountable and keep on track to get the results you want. See below for five accountability facts and words of advice from Tony's Results Coaches.

	<p>KNOW YOUR OUTCOME:</p> <p>FACT: Formal goal-setting and documentation of clear, concise goals can increase achievement over 35%¹. Once you're clear on your outcome now you can lay out a plan (see tip #3). Print your plan and place it somewhere you cannot miss it – your office desk, your bathroom mirror, on your night stand – somewhere you will spend time every day. Include deadlines for each task and checkboxes, to help you track progress each morning.</p>
	<p>WRITE IT DOWN:</p> <p>FACT: You are 42% more likely to achieve your goals, simply by writing them down². Making decisions in your head can cause a looping process, which hinders effective decision-making and quickly takes you off track.</p>
	<p>GIVE IT STRUCTURE:</p> <p>FACT: Visionaries with a solid action plan have almost a 200% increase in their success³. Knowing your goal isn't enough to achieve it. You need a step-by-step plan to ensure you know how to close the gap between where you are and where you want to be. Get started with your plan here.</p>
	<p>RIGHT PSYCHOLOGY:</p> <p>FACT: Like Tony always says, success is 80% psychology and only 20% strategy. Having the right mindset is essential for success. Most people spend 95% of their focus on the problem, and only 5% on the solution. You must do the opposite.</p>
	<p>GET A MENTOR:</p> <p>FACT: Mentoring increases learning retention & productivity up to 88%. Plus, employees who receive mentoring were promoted 5 times more often than those who did not⁴. Find someone who will tell you like it is. Someone who will call your bluff and give you a new perspective. Make it someone who has more experience than you do here – someone who has been there before. Accountability partners will accelerate you forward. The surest way to achieve success is to model someone who is already successful.</p>

¹ <https://hilt.harvard.edu/files/hilt/files/settinggoals.pdf> , ² http://www.huffingtonpost.com/marymorrissey/the-power-of-writing-down_b_12002348.html

³ <https://www.theselected.com/funding/the-real-value-of-a-smart-business-plan-for-the-entrepreneur/>

⁴ <http://www.mentorleadershipteam.com/articles/mentoring-benefits-and-statistics>