

# Accountability Buddies

**Category of Competencies:** Social Intelligence Skills

**Description:**

Over one week, participants work in pairs as accountability partners, setting personal or team goals and regularly checking in with each other on their progress. The activity encourages responsibility, fosters relationship-building, and supports a sense of accountability through mutual support.

**Activity Categories:**

Individual, Partner-Based, Reflection-Based, Ongoing

**Main Competencies Involved:**

Ability to lead and Inspire, Accountability, Inspiring Others, Motivating Others  
Relationship Building

**Other Competencies (Different Category):**

Catalysing Change, Coaching, Desire to Learn, Determination, Developing Others, Responsibility, Self-Motivation

**Resources Needed and Practical Considerations:**

Goal-setting sheets or a simple tracking sheet for recording progress, Journals or notes for personal reflection, Space for in-person or virtual check-in discussions

Optional: For added engagement, partners can create a shared log or online journal where they track their progress visually (e.g., using ticks or photos), making it easier to reflect on their achievements at the end of the week.

**Estimated Time:**

Ongoing for 1 week, with daily check-ins (5-10 minutes/day)

**Description of Activity:**

Step 1: Begin by explaining the purpose of accountability in building trust and responsibility. Inform participants that they will be working with an accountability partner to set, track, and discuss progress on one personal or team goal over the next week.

Step 2: Pair participants based on shared interests or goals (e.g., learning a new skill, completing a small personal project, or creating a healthy habit). Each participant chooses a personal goal they want to work on during the week, and both partners agree on a check-in time each day.



Step 3: Give participants goal-setting sheets to note down their goals and strategies for achieving them. Encourage them to keep their goals realistic and measurable (e.g., “Spend 15 minutes a day practising guitar” or “Complete one chapter of a book each night”).

Step 4: Partners check in with each other daily for 5 –10 minutes, either in person, over a messaging app, or by phone. During check-ins, they:

- Share their progress on their goals
- Discuss any challenges encountered
- Offer support and encouragement
- Adjust goals or strategies if needed

Step 5: At the end of the week, conduct a reflection session where each pair discusses:

- How the partnership helped them stay accountable
- Whether they achieved their goals and any changes in their habits
- What they learned about supporting others and staying accountable to themselves

### **Processing Questions:**

How did it feel to have an accountability partner?

Did having a partner make you feel more responsible for achieving your goal?

What challenges did you encounter, and how did your partner help?

How did supporting someone else impact your own motivation?

How might you use accountability partnerships in other areas of your life?

