

## WEEKLY ACCOUNTABILITY FORM

Accountability allows me to optimize my results and the gift of your investment in me.  
Thank you from the bottom of my heart!

**What feelings and emotions did I successfully identify, name and navigate this week?**

**When did I find myself numbing emotions and feelings this week?**

**What triggers to my numbing did I identify this week?**

**What boundaries did I set up or do I need to set up to keep my spirit healthy?**

**What space am I in as I am filling this out?**

**How can you help me most right now?**