

THE DIAMOND CUT LEADERSHIP Accountability Lab

Build Momentum. Strengthen Focus. Get Results

WORKBOOK - WEEK 1

June 3rd, 2025

Hosted by: Debbie Sears-Barnard



Developing the leader within
SELF-MANAGEMENT MASTERY



DIAMOND CUT LEADERSHIP NETWORK

Building Better Leaders To Get Better Results

www.diamondcutleadershipnetwork.com

The Power of Accountability – Where Do You Start?

“

“Accountability is the glue that ties commitment to the result.”
— Bob Proctor

Guiding Concepts:

Knowing that I AM responsible!

"The smallest actions beat out the greatest intention all the time!"

Purpose:

Set the tone for inside-out leadership transformation by helping participants identify where accountability is lacking and where it can shift their results.

Poll:

On a scale of 1–10, how well do you hold yourself accountable right now?

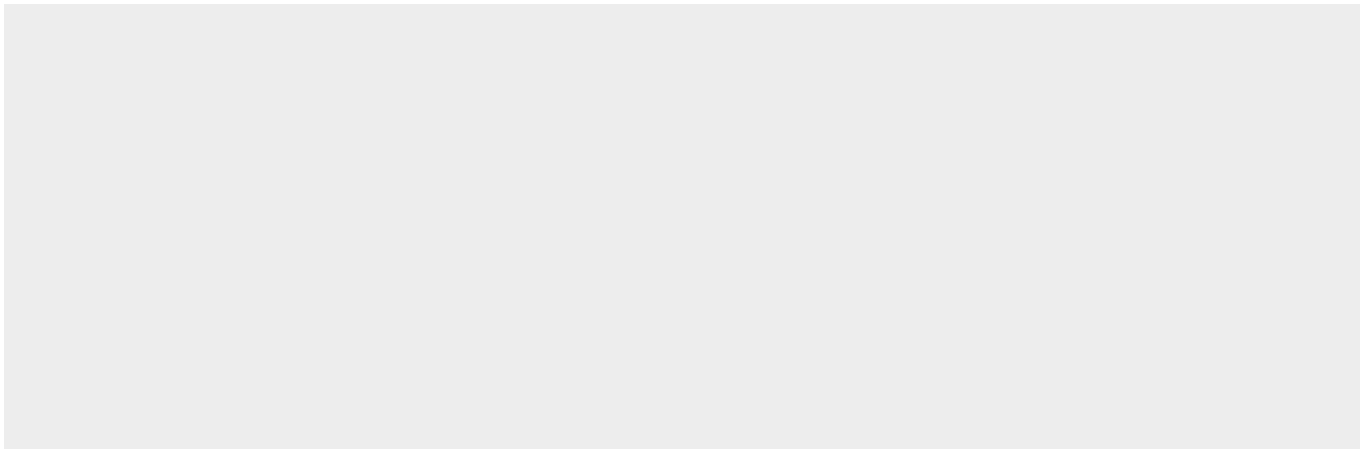
1	2	3	4	5	6	7	8	9	10
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Why personal and partnership accountability outperform solo effort

The Case for Accountability

- James Clear & the 1-Minute Habit Rule:
- Small systems, repeated consistently, change everything.

What patterns stop us from following through? How does knowing what to do differ from doing it?



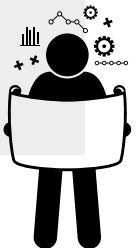
15 min – Commitment Mapping Activity:



Pre-requisite: Do you have a plan?



The Wheel of Life





Choose a personal or professional goal for the series:

Personal

Professional



Identify three internal or external barriers

- 1
- 2
- 3

- 1
- 2
- 3



How could a trusted accountability partner help dismantle those barriers?



Accountability Weekly Check-in Process

File> Make a Copy

CLICK HERE 

Weekly Accountability Check-In Worksheet



"Accountability is the glue that bonds commitment to results." - Will Craig

Guiding Concepts:

1. Knowing that I AM responsible!
2. "The smallest actions beat out the greatest intention all the time!"

Weekly Summary Report for [Date]

Look Back	
This week, I'm most grateful for	
The "win" I most want to acknowledge this week is:	
Results from Last Week Summary of results for the top 3 goals/actions that I committed to from my previous session:	
Reflections You want to collect your "lessons learned". Use these three questions as a guide:	Note: As you review your progress on each of your top priorities, use the questions below to help you
Self-reflection: Is there a need to adjust priorities or planned actions?	
Self-reflection: What got in the way, if anything?	
Self-reflection: What might I do differently next time to be more effective?	

Next Steps



- Choose one habit/action to track for the next 7 days.



- Reflection: What insight shifted my thinking today about what accountability really means?

Summary of Key Takeaways



Conclusion and Next Steps



What are 3 things that you learned today?

1. _____
2. _____
3. _____



Is there **one** idea you are taking back to your organization?

Questions



Your Feedback Matters

Accountability Lab - Week 1



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with Debbie Sears Bamard

Coming Up Next...

<https://diamondcutleadershipnetwork.kit.com/accountabilityprogram>

The Diamond Cut Leadership Accountability Lab

Week 2:

- Tuesday, 10 June, 2025
- 7 pm GST | 11 am EDT

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Thank You!

We are here to support you!

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Do You Need More Help?



Schedule a Call

Building Better Leaders To Get Better Results