How Would You Like a 95% Success Rate in Meeting Your Tasks & Goals?



A study into **goal success rates** by the *Association for Talent Development* compared results of people who worked with or without an accountability partner. It showed your success rate will typically be:

25% when you consciously decide you will achieve a goal
50% when you plan how you will accomplish that goal
65% when you commit to someone that you will achieve the goal
95% when you make an accountability appointment with someone

Why It Works

When you have an accountability partner or coach, you reach your goals sooner and more often because:

- You make not only an internal commitment (to yourself) to complete your goals ...
- You also make an *external* commitment (to your accountability partner). And that makes you far more likely to stay accountable to do what you said you would.
- When you procrastinate or make excuses, your accountability partner will remind you nicely and regularly about your commitment.

See next page for details on What You Get.

Martina Rowley And Company, Tel. 647.208.1810, <u>mrowley@martinarowley.com</u> www.martinarowley.com



Join my Accountability Coaching Group and

Stop losing money from your procrastinations!

DEcrease procrastination and INcrease your focus & productivity.

Small groups • 3-month commitment (can be extended)

WHAT YOU GET:



Live video calls

Weekly 45 to 60-minute Zoom video calls for Accountability check-in



Reminders

Email reminders on

your goals and our

weekly calls

Tracking Sheets

Worksheets for goalsetting and tracking



Monthly Office Hour

Open Office Hour once per month for any questions

C\$395 per month + tax

(valued at \$600+)

CONTACT ME NOW TO APPLY AND GET STARTED

Martina Rowley And Company, Tel. 647.208.1810, <u>mrowley@martinarowley.com</u> www.martinarowley.com