

entreprenHers Accountability

program & structure for high-vibe women who mean business.

by Lauren Saunders

Hello my amazing entreprenHers! I'm happy you're here! If you're reading this it's because you've expressed an interest in getting some serious sh*t done, moving swiftly towards your goals and starting to see big results, and would like a structure for accountability.

If you're building a business, you know first-hand that sometimes it can feel impossible to get everything done, or to always feel motivated and choose productivity over procrastination.

I've decided to create groups of three with those who have expressed an interest in having an accountability partner, as this will allow for more than one person to hold you accountable and vice-versa.

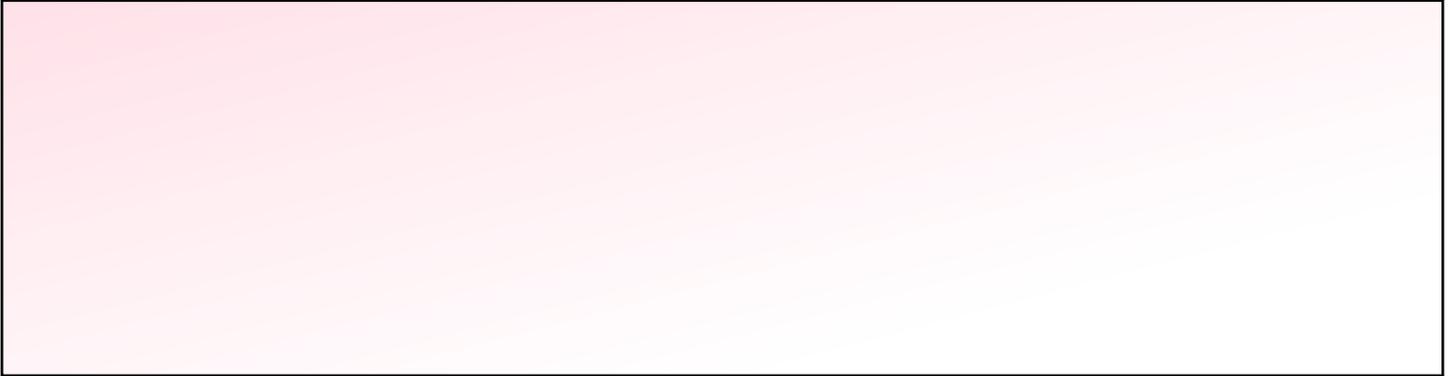
What I would recommend is that you set up a group chat (Facebook/Whatsapp etc.) between the three of you in which you:

- Introduce yourselves: what are you passionate about and what kind of business/goals do you have? Where do you see yourself in a year from now? What have you already accomplished?
- Choose a day each week that you will set your intentions for the week (Saturday/Sunday for the following week works best) and write a few sentences in your group chat.
- List 2-5 action items each week (be realistic with what you can get done), when you have them in your schedule to get done, the day/time you intend to complete each of them, and what you will do to reward yourself when you do!
- NOTE: this structure will only work if each of you engage and support each other, and follow through with doing your best to get your list completed each week. NO ONE can take responsibility over your productivity except for you. Having a support system can be hugely helpful but only if you commit to utilizing it. You need to hold yourself accountable to being held accountable, if that makes sense;)
- It would be beneficial to select a group "leader" to be responsible for the organization of the group and for communicating directly with me if need be
- Come up with a fun group name- give your mastermind some personality!

I will put people into groups of 3 as they join the program and notify each member.

Before we get to that however, I want to first ask you a few questions that are designed to help you identify how you hold yourself back productivity-speaking and why.

1. What are the things I generally struggle to get done/procrastinate on?



2. What things do I love doing and rarely struggle to feel motivated towards?



3. When you're procrastinating/feeling unmotivated, what are some thoughts you notice yourself thinking? They may be thoughts of self-doubt, fear of putting yourself out there, fears of failure/success, etc.



If anything specific comes up for you, share it with your group. Most of the time, procrastination is covering up something else, an underlying limiting belief that you may or may not be aware of. If you had mega confidence, knew where you were going, the financial and freedom outcomes you were creating for yourself and that your success was a 100% guarantee so long as you put in the necessary time, would you find yourself procrastinating as much as you do?

This may or may not be the case for you, sometimes we do just need to give ourselves a break and our body's way of telling us this is to demand we watch 8 straight hours of Netflix. However if you're regularly finding it very difficult to stay motivated, I want you to listen to your inner dialogue and start addressing that inner voice that's telling you why you shouldn't do what you said you were going to do.

Are you in love with what you're creating?

Do you find enjoyment in many of your every-day tasks?

Do you believe in the product/service you're offering?

Do you fear people won't want to listen to what you have to say?

None of these things are problems, and they are very typical inner obstacles for many entrepreneurs. Becoming aware of them is the first step to addressing them, so for now your only job is to start listening.

If you want more direction on some of these concepts, I have a podcast episode called: "E.07 How to Get Sh*t Done" that may help you to further understand and know what to do once you discover these limiting beliefs/blocks.

You can find the link for my podcast in my Instagram profile @laurencsaunders.

If you have any feedback on the outline/structure of this program please feel free to contact me at lauren@laurencsaunders.com. <3