



Find Your Accountability Partner

A Reflective Worksheet for Women Entrepreneurs

Part 1: What Do You Need?

What kind of support would help you stay consistent in your business?

What challenges are you currently facing that you'd like to talk through?

Are you looking for encouragement, strategy, accountability—or all three?

What are your preferred ways to communicate?

How much time can you realistically commit to regular check-ins?

Part 2: Defining the Ideal Fit

What qualities would make this person a good fit for you?

Would you prefer someone in a similar stage of business, more advanced, or just starting out?

What industries or types of business would complement yours in this partnership?

Part 3: Finding Potential Partners

List 3 groups or communities where you could meet like-minded entrepreneurs.

List people you already know who might be a good fit for this kind of partnership.

Draft a message you could send to someone to ask about being accountability partners.

Part 4: Your Partnership Plan

We agree to meet every...

We'll meet via (Zoom, phone, etc.):

We'll each share (e.g., goals, progress updates, stuck points):

We commit to...

We won't...

How we'll handle missed check-ins:

Optional: Quick Check-In Template

What I accomplished this week:

What I struggled with:

Goal for next check-in:

What I need most from my accountability partner right now: