



Writing Accountability Workbook

This Workbook Belongs to:

Creative Writing Focus

Month:

Main Tasks 1st Tuesday

1. _____

2. _____

3. _____

Notes:

Main Tasks 3rd Tuesday

1. _____

2. _____

3. _____

Notes:

Over all goals for the month.

1. _____

2. _____

3. _____

Dump Zone

Projects & Ideas for later

Did I meet my goals? _____

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

Creative Writing Focus

Month:

Main Tasks 1st Tuesday

1. _____

2. _____

3. _____

Notes:

Main Tasks 3rd Tuesday

1. _____

2. _____

3. _____

Notes:

Over all goals for the month.

1. _____

2. _____

3. _____

Dump Zone

Projects & Ideas for later

Did I meet my goals? _____

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:

Accountability Sheet for the Weeks of:



- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?

THE LAST TWO WEEKS:



Accountability Sheet for the Weeks of:

- On a scale of 1 to 10, my writing progress last week was:
- If I'm being honest, I am distracted too much by:
- How many of my weekly goals did I accomplish?
- What did I accomplish last week that I'm proud of?
 1.
 2.
 3.
- Did I do something I dread last week? Why or why not?
- What did I NOT accomplish last week that was on my goal list and why?
- Did I STRETCH (force myself through discomfort) last week?
- Did I drop one unproductive habit? If yes, what?
- What keeps getting pushed to the next day's to-do list? Why?
- How do I feel about myself right now?