



# QUICK ACCOUNTABILITY GUIDE

A powerful tool from Big Dreams & Little Things to get unstuck and take action in 10 minutes

## STEP 1 – SPEAK (5 MINUTES, UNINTERRUPTED)

Talk about what's on your mind. A decision, a block, a situation.

Say it out loud – no interruptions, no advice.

## STEP 2 – REFLECT (3 MINUTES)

The listener reflects back using these three lenses:

- Thoughts – What did I hear you thinking or believing?
- Images – What came to mind visually as you spoke?
- Feelings – What emotions or energy did I pick up?

No fixing. Just honest reflection.

## STEP 3 – INTEGRATE (2 MINUTES)

The speaker closes by answering:

- What do I know now that I didn't before?
- What's my next small step?

When will I take it – and how will I celebrate?

### ECTA CODE OF CONDUCT:

- Share only what feels right for you
- What's shared stays in the group
- No unsolicited advice
- Listen to support, not to reply

WANT MORE?

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