

ACCOUNTABILITY PARTNER COACHING TEMPLATE
SKILL2: ETHICAL MINDFULNESS

This form can be used for each accountability partner coaching session and further referenced as your action plans. The bolded word in each question can be used for quick reference for each reflection point. Remember the same guidelines of Mindful Dialogue apply to coaching dyads as well: be completely present, avoid asking questions not on this template, withhold unsolicited advice, and maintain total confidentiality.

On the line directly below, please identify your partner's name, email, phone number and the date of your first session.

1. Share the ways you followed through on your commitments from last week. Even small steps are important. Remember to celebrate **progress** and that progress – not perfection -- is the goal. (This question does not apply in the first session).
2. Do you have any **questions** about this CIT skill? If so, what are they? Is any part of it confusing or do you disagree with any of the material? If neither partner knows for sure, feel free to ask your Facilitator.
3. What part of the reading and practice associated with this skill is most alluring or **enlightening** to you that you would like to remember?

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6. What is your plan for overcoming anticipated **obstacles**?

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9. What **support** do you need to do it? What do you need to ask from whom? Articulate the requests you need to make from others.