

# Allies Help Us Achieve Our Goals

Working Alone, it's Easy to Procrastinate

BY JEANETTE SIEMENS



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“Having partners who hold each other accountable is the backbone of success.”

**It's a new year.** Many of us are determined to quit smoking, lose 10 pounds or put more money in savings. I am so sincere in my commitment. I know I can do it. After all, these changes will make me feel better, look better, be healthier, and bring financial security: all excellent reasons to succeed don't you think?

January is going relatively well when an unexpected expense shows up so I can't add to my savings. I'm eating better, and then family troubles undo my good discipline. By March, I don't even remember making such good resolutions... so the story goes.

We often hear about having a “partner” when we exercise, an ally to help us achieve a goal. Why? Because it holds us accountable. In my personal coaching, my job is to hold my clients accountable for what they say they will do.

My own experience, being coached, focused on an important relationship. Conversation with my coach made it clear I needed to talk with the other person. With help, I identified actions that would help prepare for that conversation, and my coach made sure I followed through. End result? I did it! But I know, too, that minus a coach, I'd have avoided that tough conversation indefinitely, maybe forever.

As colleagues working in Public Square Communities, we bring people together to find the answers they probably already knew, and then hold them accountable for what they have said they will do. It's a process and rarely easy. So accountability is critical for success. It may take 10 years or more, like in Greeley County, to reverse population loss; or can be shorter term to address targeted issues such as Mulvané's downtown business strategies.

In Reading, tornado recovery was chapter one, setting the stage for longer range challenges of helping towns work together. In every case, having partners who hold each other accountable is the backbone of success.

So as you make your most important 2015 resolutions—for you, your family, your church or your community—find a partner that will take the journey with you and hold you accountable. Saying out loud to someone else that you are going to do something makes it real.

Come January 2016, you can be 10 pounds lighter, your saving account bigger, and your community healthier. Be well! **KCL**

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