

Buddy Call Checklist

Buddy calls are high performance, focused agreements that create accountability and turbo charge your results.

We strongly recommend them.

Buddy calls work best when they maintain the same time and days each week, timed just after and your last Masterclass and then again, just before your next Masterclass.

In less than 10 minutes follow this tried and tested checklist (rhythm).

Step One

Nominate a timekeeper (take turns each meeting)

Step Two [1 minute each]

Each of you share a 'mini win' from either the last Masterclass or something else in your life

Step Three [1 minute each]

- Simply state if you're 'On track' or 'Off Track' from your previously agreed #NonNegotiable commitments
- If 'On Track', your buddy repeats the process
- If 'Off Track' you simply ask your buddy, "What do you need to do to get back on track?" and, if appropriate, "How can I help?"

Step Four [3 minutes each, max]

- Share the highlights from the Masterclass activities
e.g. Top 3 areas for growth from The Life Radar
- State your #NonNegotiable activities for the week (buddies, take note!)
e.g. Create clear actions targeting the #1 growth opportunity from The Life Radar
e.g. Committing to completing 3 x breathwork sessions before the next buddy call (schedule them into your calendar)

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Step Five

Wrap it up! Agree the next time and date for the next buddy call.

Handy Hint: This call should NOT become a burden or time waster - it should never exceed 10 minutes.

If you both want to 'chat', ensure you close the accountability phase of the call by saying something like, "Accountability Complete" and then, you time is yours to do with what you wish!