

LIFT Accountability Coaching Model[®]

"Why aren't you making the progress that you really want to make?"

L

Listen for obstacles.

"What are the obstacles getting in the way of making progress?"

I

Identify the obstacles you can influence.

"Which of these obstacles do you most need to overcome and why?"

F

Facilitate the Solve It[®] question.

"What else can you do?"

When dealing with a lack of movement, use the Above The Line[®] Checklist (see other side of card).

T

Test for movement.

"What actions are you going to take?"

Above The Line[®] **CHECKLIST**



Will you be held accountable for achieving this expectation? What is the price you will pay if you don't achieve it?



If you had to take accountability for overcoming one of these obstacles, which would it be? Why?



If your life depended on it, what else would you do?