

Accountability Self-Assessment

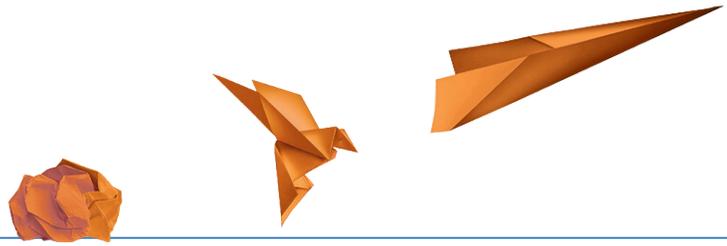
Instructions: Rate how true each statement is of your typical behavior, not your intentions.

1 – Rarely true 2 – Sometimes true 3 – Often true 4 – Usually true 5 – Always true

	Rarely (1 point)	Sometimes (2 points)	Often (3 points)	Usually (4 points)	Always (5 points)
I consistently follow through on commitments without needing reminders.					
I proactively communicate to others when timelines or deliverables may change.					
My work quality is consistent and dependable.					
I openly acknowledge mistakes and focus on correcting them.					
When things don't go well, I take ownership instead of shifting responsibility.					
Others can rely on me during high-pressure situations.					
I naturally follow up on commitments without external prompting.					
I make realistic commitments and honor them.					
I build trust by consistently doing what I say I will do.					

BAY AREA EXECUTIVE COACH

THINK MORE - LEAD BETTER



	Rarely (1 point)	Sometimes (2 points)	Often (3 points)	Usually (4 points)	Always (5 points)
I seek clarification when expectations are unclear.					
I readily admit when I am unsure of the correct answer to a request or question.					
I am able to ask for help when I am struggling with my work.					
TOTAL SCORES					

INTERPRETATION:

Add up all scores to see your individual accountability rating:



49–60 Strong Accountability Anchor . You model highly predictable accountability. Others likely see you as dependable, transparent, and ownership-focused. Continue modeling and mentoring these behaviors.



37-48 Reliable but Inconsistent. You show solid accountability, but there are moments when communication, follow-through, or team member engagement could strengthen. Focus on consistency under pressure.



25-36 Developing Accountability. You demonstrate accountability in familiar or low-risk situations but may hesitate with peer feedback, ownership, or proactive communication. Growth opportunity lies in courage and predictability.



12-24 Accountability Gap. Follow-through, ownership behaviors may be unreliable. Prioritize habit-building and communication discipline.