

WORKBOOK
2024

WELLNESS GUIDE

Unveiling Looking into the mirror of Self

HOLDING YOURSELF ACCOUNTABLE

Akosua Dardaine-Edwards

Accountability
Responsibility
Integrity

THE ACCOUNTABILITY PROCESS

As a new season dawns upon us, it's time to refresh our perspective on how we live.

The Accountability process serves as a reminder of our inner strength & how we can activate & employ it.

To embark on a journey of self-discovery, we must turn our focus inwards and hold ourselves accountable, self-aware, and true to our personal values. It's time to unlock your true potential and embark on a journey to self-discovery.

THE POWER OF ACCOUNTABILITY: UNDERSTANDING YOUR IMPACT ON THE WORLD

- The energy we contribute to the world is our responsibility.
- Our actions have a profound effect on the Universe, which illustrates how much influence we really possess.
- Accountability demonstrates our readiness to take complete ownership of our thoughts, emotions, and actions, as well as the consequences that result from them.



ACCOUNTABILITY RELIES ON:

Responsibility

- Willingness to experience Self as the cause of experience, which begins in consciousness (the mind)
- Having the ability to respond
- Willingness to accept consequences/effects which are related to Self

Integrity

- Uncompromising adherence to moral & ethical principals
- Inner & outer action to sustain & promote honor
- High respect for self & others as evidenced by behaviour
- Congruence or alignment of belief, thought, word and action
- Commitment to what is right even when no one is observing



ACCOUNTABILITY IN LIVING



**What are you willing
to do to achieve what
you desire?**

**The answer lies in
committing to your
personal journey and
holding yourself
accountable for your
actions.**



HOLDING MYSELF ACCOUNTABLE

FINANCE

I AM COMMITTED TO:

**I HOLD MYSELF ACCOUNTABLE TO MY
COMMITMENT BY:**



RELATIONSHIPS

I AM COMMITTED TO:

**I HOLD MYSELF ACCOUNTABLE TO MY
COMMITMENT BY:**



HOLDING MYSELF ACCOUNTABLE

HEALTH AND WELLNESS

I AM COMMITTED TO:

**I HOLD MYSELF ACCOUNTABLE TO MY
COMMITMENT BY:**



ACCOUNTABILITY REMINDERS



*We are all held
accountable for the
energy we infuse into
the world.*

Remain Conscious.
Remain Present.

**When you do not honour your word & commitments,
it costs you in ways seen & unseen.**

HOLDING MYSELF ACCOUNTABLE

PERSONAL GROWTH

I AM COMMITTED TO:

**I HOLD MYSELF ACCOUNTABLE TO MY
COMMITMENT BY:**



HOLDING MYSELF ACCOUNTABLE

BUSINESS AND CAREER

I AM COMMITTED TO:

**I HOLD MYSELF ACCOUNTABLE TO MY
COMMITMENT BY:**





PUBLICATIONS:

1. What Did I Learn Today? Journey to Unconditional Self Love

2. Nyabo (Madam) – Why Are You Here?

3. Daily Lessons on the Journey – A Journal

4. Now What? – The Flipside

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