Accountability Charts

One of the hardest things about the renewing of the mind is making yourself do it. Sometimes it helps to record your sessions on a chart. I've included six charts in the paperback version of the book for that purpose, or you can download this chart and print it out.

Use the chart to record what you did to renew your mind each day, in addition to regular quiet times and talking to God throughout the day. I've included a sample chart below.

In this chart, the person made a goal to renew her mind twice a day. On Monday, she truth journaled and went through the people pleasing questions. On Tuesday, she went through the anger and judgment questions. On Wednesday she went through the people pleasing questions twice.

Whenever you do something new to renew your mind, just jot it down on the next line and put an x in the appropriate column. For Scripture meditation and prayer, you can either have a general Scripture meditation and prayer line, or you could include them in the different categories, such as pride or judgment.

At the end of the week, record what God taught you that week. It may also help to record how diligent you were with the renewing of the mind, not to be legalistic, but just so you can be aware of your progress.

If you have an accountability partner, one way to do accountability is to just share your charts with each other. I always enjoy looking back at my charts to see what God has taught me over the months. I don't use them all the time, but they're nice to use every once in awhile as they help me become more aware of my renewing of the mind efforts.

Week 1	M	Т	W	Th	F	S	S
Insecurity/People Pleasing	X		XX				
Truth Journaling	X					X	
Anger/Annoyance		X			X	X	
Judgment		X		X			XX
Scripture Prayer					X		X