



**heron**

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## **Flock Accountability Best Practices**

[helloheron.com](https://helloheron.com)



# Flock Accountability Best Practices

When your partner sees that you take a few minutes to actually think about their stuff, it encourages them to show up for themselves. And sometimes it may be the only thing that keeps them moving forward on that week.

DOs	NOT expected to
<b>Understand the objective.</b> What is it about? What makes it important to the Heron?	Have any expertise related to the objective
<b>Validate progress, efforts and pauses.</b> You will see the up and downs of the quarter and show up for it all.	Provide advice on what to do, how to solve something or move forward. If you have tips and ideas, great, but that's not the expectation. It can be as effective to just acknowledge that something is hard.
<b>Stay on top of the weekly submissions</b> You read them every week and you may send a gentle nudge if you see the submission is missing.	Be responsible for your Heron submitting their check-in.
<b>Be specific.</b> Be specific in your comments by making observations, asking questions, etc. Your partner should know that you are paying attention and that you care. Cheerleading comments when empty of context can feel empty.	Comment every week. Sometimes you won't have much to say. And that's ok!

CONTINUE 

**Keep an eye on the objective.**

Are the action items related to the objective? Is your Heron falling behind? Can you push your Heron to come up with new and different ideas on what to do?

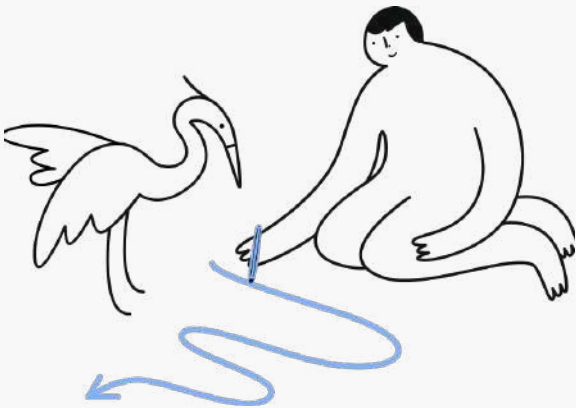
**Share about you.**

One of the best ways to build trust is to share how you are doing, challenges you are facing or reasons you are celebrating. The more specific and personal you are in sharing your pain or glory, the more in confidence the other person will feel.

## Never drop a goal again

Heron is an accountability platform that balances results and wellbeing through structure and human partnership.

You'll be able to sign up for coaching, accountability Mondays, our weekly Q&A, download templates, and all the resources you need to keep on moving forward.



**Questions or feedback  
on the worksheet?**

[Ask us directly here.](#)

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