

Accountable is the opportunity to live at choice rather than accidentally. Accountability is the opportunity to carve out the future rather than sit back and have it happen to me. Accountability held from a stand as one's word is the ground from which one's own transformation is created ongoingly.

Transformation lives in accountability. Without accountability, without committed speaking without promises and declarations there is no transformation; there at best peak feelings.

A promise has real power. A promise made from the stand that who you are is your word, engages you as participant. You cease to be spectator, and your words become actions that actually impact the world. With a promise you create a condition that supports your commitment rather than your moods. When motivational dialogue comes up about your preference versus your commitments, and you disregard the dialogue in favor of doing what you said would do solely because you said so, you distinguish yourself from your psychology. In that moment you are your word as an action, rather than only as an idea you have.

In that moment the promise becomes who you are rather than something you said; and your relationship to the world shifts. You find yourself producing results that seem discontinuous and unpredictable from the point of view of the spectator. The experience is one of joy, fearlessness, irrepressible energy and satisfaction.