

ACCOUNTABILITY SELF-REFLECTION · ABOUT 5 MINUTES

Which kind of accountability *actually works* for you?

Answer for who you actually are, not who you wish you were. Think about what has actually helped in the past.

HOW TO ANSWER

0

Never / hardly
ever

1

Sometimes

2

Usually

3

Almost always

—

Not sure /
rather not
answer

Not scored

Do not overthink it. Your first honest answer is probably good enough.

There is no good or bad result. You are finding which kind of outside pressure has the best track record for you so far.

Prefer it online? accountabilityquiz.adhdroom.com scores it for you.

QUESTIONS 1–6 OF 24

Think about real situations from your past.

1

When I paid for something in advance, I was more likely to show up or use it.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

2

When another person worked near me, I found it easier to start what I needed to do.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

3

When I knew someone would ask if I finished, I was more likely to get it done.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

4

When a coach, teacher, manager, or other person in charge gave me a clear task, I was more likely to follow through.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

5

When someone else was truly waiting on me, I got things done faster than when the deadline was only mine.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

6

When I promised myself a reward after a task, I was more likely to finish it.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

QUESTIONS 7-12 OF 24

Think about real situations from your past.

7

After I told several people what I would do, I found it harder to quietly back out.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

8

Checking items off a visible list has helped me keep moving.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

9

Knowing I would waste money by not showing up was enough to make me follow through.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

10

I stayed focused longer when I worked around someone else than when I worked alone.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

11

Regular check-ins with another person helped me keep going after my first burst of motivation faded.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

12

I did better with a schedule or structure someone else made than one I made only for myself.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

QUESTIONS 13–18 OF 24

Think about real situations from your past.

13

I was more likely to meet a deadline when missing it would affect someone else or have a real result.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

14

Small rewards along the way helped me stay with a boring or long task.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

15

Sharing my progress where other people could see it helped me stay involved.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

16

Seeing my progress build on a chart, count, or bar made me want to continue.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

17

Spending money on a commitment made me take it more seriously.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

18

Working in a library, cafe, shared work space, class, or quiet call helped me get more done.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

QUESTIONS 19–24 OF 24

Think about real situations from your past.

19

Knowing I had to report back to someone helped me restart after I fell behind.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

20

When someone else directed the process, I spent less time debating and more time doing.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

21

A real appointment, meeting, or due date helped me act when my own planned date did not.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

22

Turning a task into a challenge, points system, streak, or small reward helped me keep going.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

23

Knowing other people could see whether I followed through made me more likely to act.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

24

Keeping a simple record of completed steps helped me notice when I slipped and start again.

☐ Never☐ Sometimes☐ Usually☐ Almost always☐ Not sure / skip

MANUAL SCORING

Score your profile

Add the answers for each type. Do not count Not sure / rather not answer. You need at least 2 answers in a type.

TYPE + QUESTIONS	ANSWERED	TOTAL	PROFILE / 9
Money / Financial Stake Questions 1, 9, 17	☐ 2 ☐ 3		
Body Doubling Questions 2, 10, 18	☐ 2 ☐ 3		
Accountability Partner Questions 3, 11, 19	☐ 2 ☐ 3		
Authority / External Structure Questions 4, 12, 20	☐ 2 ☐ 3		
Real External Deadlines Questions 5, 13, 21	☐ 2 ☐ 3		
Rewards / Incentives Questions 6, 14, 22	☐ 2 ☐ 3		
Visible Commitment Questions 7, 15, 23	☐ 2 ☐ 3		
Progress / Tracking Questions 8, 16, 24	☐ 2 ☐ 3		

QUICK CONVERSION GUIDE

Answered all 3? Your total is already out of 9. Copy it to Profile / 9.

Answered 2? Use the total out of 6 to find the band below.

5–6 Strong lever

4 Worth using

2–3 Situational

0–1 Probably not your lever

Fewer than 2 answered: Not enough information. For the visual meter, convert a 2-answer total:

0 → 0

1 → 2

2 → 3

3 → 5

4 → 6

5 → 8

6 → 9

YOUR VISUAL PROFILE

Shade your strongest track record

For each type, check boxes from left to right up to your Profile / 9 number.

Money / Financial Stake

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Body Doubling

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Accountability Partner

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Authority / External Structure

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Real External Deadlines

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Rewards / Incentives

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Visible Commitment

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

Progress / Tracking

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	/ 9

START HERE

Write your highest type. If there is a tie, write both.

Set up one small, real version this week.

ALSO WORTH TRYING

Write any type within 2 points of your top score that reached Worth using or Strong lever.

A low top score is still useful. Try your highest one for two weeks, then notice what changed.

MAKE IT REAL

What to do this week

Choose your strongest result and set up one small version. Specific beats vague.

**Money / Financial Stake**

Book and pay for one thing you already want to do. Only use an amount you can comfortably afford.

**Body Doubling**

Set one work session with another person nearby, on a call, or in a shared work space.

**Accountability Partner**

Tell one person exactly what you will do and when you will report back.

**Authority / External Structure**

Let a coach, teacher, trainer, tutor, or manager hold one part of the plan.

**Real External Deadlines**

Attach one delayed task to a date that another person knows about or is waiting for.

**Rewards / Incentives**

Choose a small, quick reward before you start, or turn the task into a points, streak, or challenge game.

**Visible Commitment**

Say what you will do somewhere a supportive person or group can see it.

**Progress / Tracking**

Make the finish line visible with a short checklist, progress bar, or done list. Check it once a day.

If everything scored low: pick the highest one and test it for two weeks before deciding. The goal is to learn what changes your behaviour.