

the season of you

ACCOUNTABILITY CLUB GUIDE

An 8-Week Companion for Your Season

Name:

Season Goal:

Season Dates:



welcome

You're not lazy. You're not undisciplined. You're not broken. You're running a system that was never designed to work.

We've all been sold the same story: if you want to change your life, you need to feel ready. You need motivation. You need the right mindset. You need to want it badly enough.

But motivation is an emotion. And emotions are unreliable.

This workbook is a mechanical solution to an emotional problem. It's designed for one purpose — to help you get one specific thing done over the next eight weeks. Not hustle. Not a 5am routine. Not 47 steps.

You're going to pick one goal. You're going to build two binary daily inputs. You're going to track your behavior, not your feelings. And at the end of eight weeks, you're going to have data about yourself that you didn't have before.

Let's get to work.



**You don't have a motivation problem.
You have a system problem.**

the diagnostic (before you start)

Before you pick a goal, you have to know where you're starting. Look at these five life areas. Which area of your life is currently the most unsettled?

Start Here:

Most people fail at seasons because they pick the wrong goal. You should focus on the area of your life that's actually causing the most friction right now.

Look at these five life areas. Which one is costing you the most energy? Where is the gap between where you are and where you want to be the widest?

Body

Sleep, movement, nutrition, physical capacity

Is your body currently supporting the life you want to live, or is it a constraint?

Mind

Mental clarity, focus, stress, emotional regulation

Are you operating with a clear head, or is mental noise running the show?

Soul

Purpose, creativity, joy, the things that make you feel like yourself

Are you doing anything that fills you up, or are you running on empty?

Work

Career, side projects, creative work, professional growth

Are you executing on the things that actually move the needle, or are you just busy?

Relationships

Partners, friends, community, family

Are you present with the people who matter, or are you giving them your leftovers?

Which life area needs your attention the most in the next 56 days?

Now turn the page. Your Season Goal must come from this category.

step 1: the season goal

A Season Goal is the single destination for the next eight weeks. It is the one thing that, if you actually did it, would change how you feel about everything else.

The mistake most people make is choosing a goal based on what they think they should want. Stop. What do you actually want right now? What project needs to get finished? What habit needs to get started?

Write your Season Goal here

The Season Goal Test

Is it specific?

Not "get fit" — "run a 5K without stopping."

Yes No

Is it measurable?

Can you prove you did it at the end of 8 weeks?

Yes No

Does it actually matter to you?

Yes No

If you answered No to any of these questions, refine your goal further.

step 2: the daily inputs

The Daily Guidelines

A goal is a destination. A guideline is the vehicle that gets you there. If your Season Goal is "run a 5K without stopping," your input is not "exercise more." Your input is "put on my running shoes and step outside the front door for 10 minutes every day."

The Two Rules

1. Binary.

At the end of the day, you either did it or you didn't. Yes or no. No half-credit.

2. Small.

The input is the floor, not the ceiling. You will usually do more — but the input protects the habit on the days you don't want to do it.

Input 1

Does it pass the binary test? Can you answer yes or no at the end of every day?

Yes Not yet; revise it

Input 2

Does it pass the binary test? Can you answer yes or no at the end of every day?

Yes Not yet; revise it

What is your Floor?

The absolute minimum you will do on your worst day: exhausted, overwhelmed, everything going wrong. This is the promise you can always keep.

step 3: 8-week tracker explained

How This Works

Every day, place a checkmark or leave the box blank for each input. That is it. You aren't tracking your feelings. You are not writing a journal entry. You are collecting data.

At the end of each week, you will run a Scouting Report: a weekly review that turns your data into a smarter plan for the following week.

The Five Domains of Friction

When you miss a day, find your domain.

Environment

Your physical or digital setup is making the behavior harder than it needs to be

Boundaries

An external demand on your time or energy is overriding your plan

Fuel

Sleep, nutrition, or movement is depleted and your capacity is paying the price

Re-entry

A missed day becomes a missed week because you don't have a plan for getting back on track

Clarity

You're doing too much; the friction of deciding what matters most zaps your energy before you start

Find your domain.
Fix the system.
Keep going.

step 4: scouting report explained

Here's what a good Scouting Report looks like:

Example

Goal: Run a 5K without stopping.

Input 1: Put on running shoes and go outside for 10 minutes every day.

Week 1 result: 5 out of 7 days.

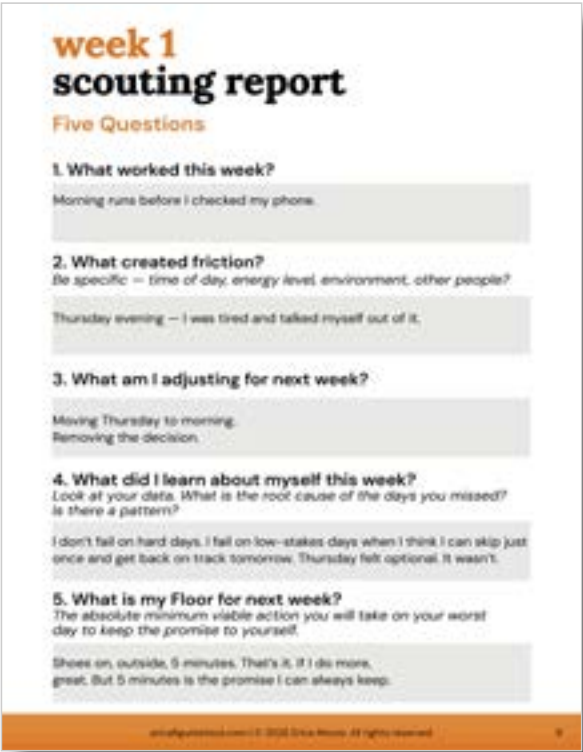
What worked:
Morning runs before I checked my phone.

What created friction:
Thursday evening — I was tired and talked myself out of it.

What I'm adjusting:
Moving Thursday to morning.
Removing the decision.

What I learned:
I don't fail on hard days. I fail on low-stakes days when I think I can skip just once and get back on track tomorrow. Thursday felt optional. It wasn't.

Floor for next week:
Shoes on, outside, 5 minutes. That's it. If I do more, great. But 5 minutes is the promise I can always keep.



week 1 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: *Bring to Friday hang time: one win, one snag.*

week 1 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
5. What is my Floor for next week?
The absolute minimum viable action you will take on your worst day to keep the promise to yourself.

week 2 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: *Bring to Friday hang time: one win, one snag.*

week 2 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
5. What is my Floor for next week?
The absolute minimum viable action you will take on your worst day to keep the promise to yourself.

week 3 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: Bring to Friday hang time: one win, one snag.

week 3 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
5. What is my Floor for next week?
The absolute minimum viable action you will take on your worst day to keep the promise to yourself.

week 4 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: Bring to Friday hang time: one win, one snag.

week 4 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
5. What is my Floor for next week?
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midpoint check-in: the constraint pivot

You're halfway through this eight-week season. Look at your tracker data from the last four weeks.

This is the moment most people quit. They realize they set the wrong goal, or the inputs are too hard, or life got in the way. They feel like they failed, so they abandon the season entirely.

We don't abandon seasons in The Season of You. We run a Constraint Pivot.

A Constraint Pivot is what happens when you assess what your system can actually produce given your current reality, and you adjust the target accordingly. It's not giving up. It's recalibrating.

Look at your data and answer honestly:

Are your daily inputs actually sustainable for the next four weeks?

Yes. The system is working. Keep going.

No. The friction is too high. I need a Constraint Pivot.

If you checked No, pivot right now:

- If your original input was "Write for 60 minutes," pivot to "Write for 15 minutes."
- If your input was "Cook dinner every night," pivot to "Cook dinner three nights a week."

Find the new path to done.

Lower the ceiling, protect the floor, and finish the season.

My adjusted inputs for Weeks 5 through 8 are:

Input 1:

Input 2:

Bring this to Friday hang time (8–9am Eastern) if you want a second set of eyes on your pivot before you commit to it — that's exactly what the time is for.

You're halfway there.

While you're in the middle of your season, the podcast goes deeper on everything in this workbook — the science behind why your old system kept failing, and the mechanics behind why this one works.

Episodes worth queuing up right now:

You Don't Need More Goals. You Need One Anchor.

The episode that explains why picking one goal — and only one — is the whole game. Start here if you haven't already.

Why Vague Goals Are Garbage (The Binary Rule and The Floor)

The deep dive behind your daily inputs. Why binary beats flexible, and how to build a Floor that actually holds on your worst days.

The Weekly Scouting Report (How to Fail Properly)

What to do with a bad week. How to read your data, find the root cause, and adjust without quitting.

New episodes every week.



ericafiguresitout.com/podcast

week 5 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: Bring to Friday hang time: one win, one snag.

week 5 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
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week 6 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: *Bring to Friday hang time: one win, one snag.*

week 6 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
5. What is my Floor for next week?
The absolute minimum viable action you will take on your worst day to keep the promise to yourself.

week 7 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: Bring to Friday hang time: one win, one snag.

week 7 scouting report

Five Questions

1. What worked this week?
2. What created friction?
Be specific — time of day, energy level, environment, other people?
3. What am I adjusting for next week?
4. What did I learn about myself this week?
*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*
5. What is my Floor for next week?
The absolute minimum viable action you will take on your worst day to keep the promise to yourself.

week 8 tracker

Input 1

Input 2

DAY	Input 1	Input 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Total	/7	/7

Notes: Bring to Friday hang time: one win, one snag.

week 8 scouting report

Three Questions

1. What worked this week?

2. What created friction?

Be specific — time of day, energy level, environment, other people?

3. What did I learn about myself this week?

*Look at your data. What is the root cause of the days you missed?
Is there a pattern?*

post-season reflection

You finished. Look at your eight weeks of data before you close this work-book.

The Season Goal

Did you hit it?

Yes Partially No (and I know why)

Which of the Five Domains was historically your weakest friction point this season?

- Environment
- Boundaries
- Fuel
- Re-entry
- Clarity

What was the specific pattern?

What's one thing you can change there before the next season?

What did you prove to yourself over these eight weeks?
This is the data point that matters most. Write it down.

closing out the season

You showed up. That's the whole thing.

You picked a target. You built the mechanics. You tracked the data. You adjusted when it broke. You stopped waiting for motivation and started running a system — with a room full of people doing the same thing, at the same time, next to you.

That's what Accountability Club actually is. Not perfect attendance. Just not doing it alone.

If eight weeks of structure worked better than doing this solo, you don't have to lose it just because the season ends. I work 1:1 with people who want that same rigor built around their whole life, not just one season at a time — same DMAIC framework, but with real support behind it every week, not just at 7am.

We take the frameworks that make you successful at work and apply them to your actual life. No fluff. Just mechanics.

Love you. Miss you. Rooting for you.



Ready for a full season?
[Book a free Discovery Call](#)
and we'll figure out if 1:1 coaching is the right next step.

Questions? Reach out at erica@ericafiguresitout.com

the season of you

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