



" We Exist so That Both People and Businesses can Thrive"

A/ E BUDDY[™] – TO BE USED FOR THE LWK CHALLENGE EVENT

Your Name _____

Your A/E Buddy's Name _____

Date of the Challenge or Event _____

A/E Buddy[™] Contact info: ph. No. _____

Email

My specific Goal (s) for the Event are :

- 1.
- 2.
- 3.

My Buddy's Goals are:

- 1.
- 2.
- 3.

Why my goals matter to me

Why my A/E Buddy's goals matter to them

I am best encouraged in the following way(s)

My A/E Buddy_m is best encouraged in the following way(s)

I am best held accountable by

And my A/E Buddy is best held accountable
by _____

Our plan to do the event together, encourage and support one another while we hold each other accountable is:

Be sure this plan is specific, and you both have agreed to it!