

Sustainability in a Virtual World

A Single Commitment Worksheet

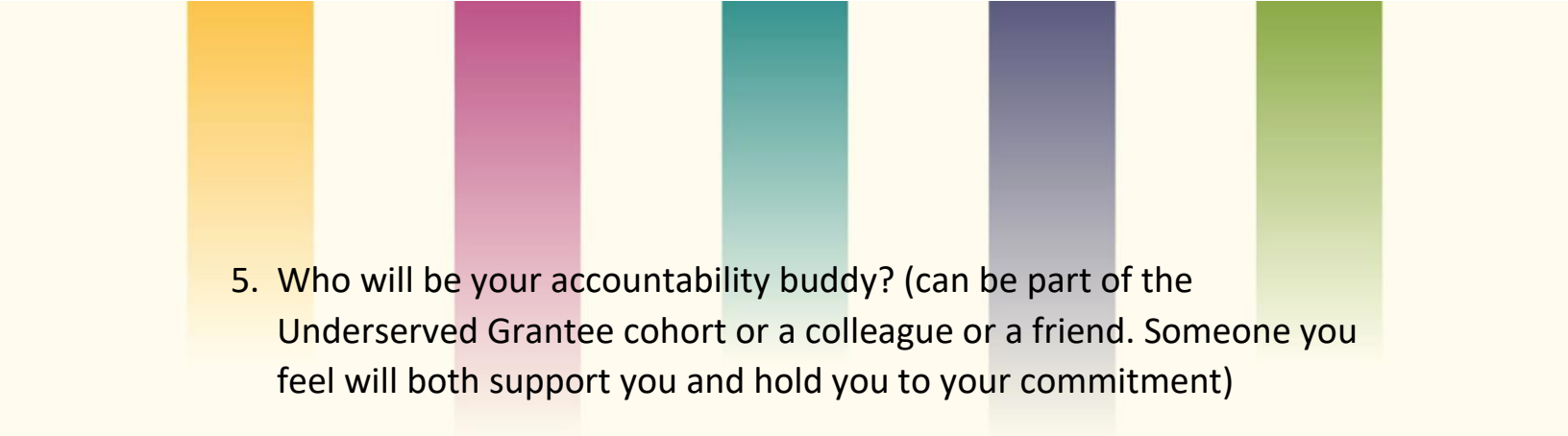
1. What practice are you committed to using?

- Goal Clarity
- Getting to the information you need
- See them in action – and close the loop
- Develop communication system & expectations
- Keep everyone looped in
- Build trust & community
- Manage your expectations
- Check in about working remotely – again
- Focus on Outcomes and Priorities
- Respect work hours
- Schedule Check-Up

2. What is one concrete next step you will take in the next two weeks to implement this practice?

3. What barriers or challenges do you anticipate in implementing this practice?

4. What will you do to mitigate or neutralize those barriers or challenges?

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5. Who will be your accountability buddy? (can be part of the Underserved Grantee cohort or a colleague or a friend. Someone you feel will both support you and hold you to your commitment)

 6. When will you have your 30-minute accountability check-in? (within two weeks)

 7. Questions to cover in the accountability check-in:
 - Did you follow through on your practice commitment?
 - If so, how did it go?
 - If not, what's getting in the way?
 - What's the next step?

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