

# WHAT HEALTHY ACCOUNTABILITY LOOKS LIKE.

Walking out and living in the fruits of the Spirit looks like:

- Living in and through the Spirit
  - Always being patient, kind, and gentle towards others
  - Understanding and acting on a balance of love, grace, mercy and accountability
  - Loving others through difficult processes
  - Making others feel safe enough to be completely vulnerable...(add more below)
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What healthy accountability looks like:

- Helping others put in place healthy boundaries
  - Truly desiring for others to succeed
  - Helping those they hold accountable to solve problems
  - Never placating, isn't afraid to push back on you
  - They are never judgmental
  - They understand, have been there, and don't put you down...(add more below)
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Look at these lists, and see who in your life is a source of healthy accountability. Then, flip this list and rank yourself. What are you lacking? Become the person you would want to go to in your most difficult moments.

Discover how to be the healthiest version of yourself: [click here.](#)