**Self-Learning Observation Sheet for Accountability Check-In Video**

1. What did you learn about the importance of accountability?

2. What MI spirit principles are at play in an accountability check it?

Describe the MI Spirit-how is it operationalized in this check-in/role of affirmations.

3. What are the steps of an accountability check-in?

4. What are good questions to ask in an accountability check-in? and Why? (Think about Your OARS)

5. Final Observations