Screen 1: [Dr. Michele Costanza Talking] Hi I'm Dr. Michele Costanza. Who is on your board of directors? Your own personal board of directors is made up of those people you will trust to help you stay the course to effective action.

Screen 2: You'll get so much more out of the course when you select accountability partners to share your writings, thoughts, and action plans.

Screen 3: Throughout the course, especially during the lesson pre-instructional activities and follow-through activities, record your thoughts in a writing notebook, an online space like a Google Drive folder, or you can vlog, blog, or record audio for a podcast. Eventually, you'll want to share your action plan with your board of directors, your accountability partners.

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