

Transcript

Accountability partner

Voiceover:

It's very common, especially for neurodivergent folk, to have trouble sticking with a task until the end.

Distractions, frustrations, impulses and even forgetfulness can take you off track.

Perhaps you've already heard of an accountability partner. They're also called activity buddies, co-workers and body doubles.

It's a productivity strategy where you work alongside each other while doing a task so you stay focused. Working with them will motivate you to finish the job, remind you what you're doing and help you feel less isolated.

If you're a distance learner, there are plenty of apps, websites, and social media spaces where you can find an accountability partner to work with virtually.

Just like you would with other people you meet online, make sure you set boundaries and respect each other's privacy. Also, if you can't attend a session, make sure you give your partner plenty of notice!