



## Traits of Highly Accountable People

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This month, the number of people who give excuses for their weight gain has grown exponentially. It seems no one is interested in the Weigh Station's accountability process. Your appointment is to help you stay accountable during your journey. If you gained weight since your last appointment, why? What may have happened during the week? If you lost weight since last seeing us, what improvements and habits got you there? These are fundamental questions you must ask yourself.

Accountability is key to losing weight. If you cannot be accountable to yourself or us, you are simply wasting your time and money.

I believe accountability is often overlooked as one of the essential qualities we should display. This should be held true for all aspects of your life - including home and work environments.

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This word is associated with leadership, mainly because a good leader takes responsibility for their actions and embraces the consequences of their decisions. So should you, as a patient, hold yourself accountable.

The importance of accountability is holding yourself responsible for your actions and decisions. You should always improve upon yourself. Do not blame the holidays or others for your weight gain. Take ownership for your actions. That means you can control the outcome, whether good or bad. You can also make plans on how to consistently improve yourself.

Over the many years, the Weigh Station has seen patients from all over the United States. The common factor in every single individual is their level of accountability. Not only to themselves, but to us as a practice. Incorporate magazine recently listed eight habits of highly accountable people. Many of these help patients develop an improved sense of weight control and eating habits. The eight habits are listed as follows:

1. Take responsibility. When responsibility is forced upon people, their attitude can be resistant or resentful. Highly accountable individuals willingly take on responsibly and actively manage it, so the task gets done. They make sure once the initiative has their name on it, no one else needs to worry about its completion.
2. Don't make excuses. Objective hindsight is helpful when problem-solving, but when something goes wrong, in-the-moment blame is a waste of time and energy. Those who are accountable don't throw other under the bus for their missteps or inactions. They also don't blame outside influences, and problem-solve if something arises.
3. Be on time. What good is completing initiatives if the usefulness of the result is long past? It's important to understand every project has a time value and punctuality serves a purpose. Part of what makes these people trustworthy is their efficiency and dependability to not waste their own or others time.
4. Control your own fate. Obstacles occur in any project. Proper planning and a positive attitude can overcome nearly any obstacle. Having a victim mentality is not a trait highly accountable individuals possess. They do not wait to be checked or monitored by others, instead they work proactively and diligently with the team to finish the job.

5. Own your feelings. Emotions can take over when the stakes are high. Highly accountable people understand negative emotions can derail productivity. They control their feelings and don't let a bad day, or emotional coworker, get in the way of accomplishing what needs to be done. They attack each problem at its core and ensure no one gets lost in emotions.

6. Manage expectations. Ambiguity and vagueness leads to inactivity. Highly accountable people are clear about what needs to be done, and when. They think carefully and realistically about a project and give a reliable answer. When something gets in the way, they assess it, resolve it and communicate proactively to ensure everyone is on board with the adjusted result.

7. They collaborate. Few worthwhile tasks can be completed by a single individual. Accountable individuals are great at using the resources around them. They make the most of each public body by engaging, inspiring, and empowering them to add positively to the result.

8. Don't expect praise. Accolades are nice, but none are desired if the project is partially done. Highly accountable people get their satisfaction from delivering a quality product on time with a team that feels great about the accomplishment. Any additional praise is just added bonus to a job well done.

Each of you can lose weight and keep it off. It's dependent upon you. We are giving you the tools to be successful, please apply them to the best of your ability. If you're having difficulties, please be honest and talk with us. We are here to help you, and want you to be successful. Your success can also inspire others to improve their health, too.

I will leave you with a few quotes from Scripture that may help you in your decisions to be accountable.

We are not meant to live as islands - each of us should have friends who can help us make the right decisions and support us when we make the wrong ones. We each have blind spots that we need help seeing. Pride and temptation can keep us from seeing the truth.

Romans 14:12

12 So then, each of us will give an account of ourselves to God.

2 Corinthians 5:10

10 For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.

Galatians 5:25-26

25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking, and envying each other.

1 Corinthians 12:26-27

26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices. 27 Now, you are the body of Christ, and each one of you is a part of it.

Hebrews 13:16-17

16 And do not forget to do good and share with others, for God is pleased with such sacrifices. 17 Have confidence in your leaders and submit to their authority because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit

Blessings,

Chuck Shaffer MD

# The Recipe of the Month

## *Pesto Shrimp Skewers*

### *Ingredients - Serves 7*

- *1.5 lbs jumbo shrimp*
- *1 Cup fresh basil leaves*
- *1 clove garlic*
- *2 Tbsp olive oil*
- *1/4 Cup Parmesan cheese*
- *Salt and pepper to taste*



### *Directions*

In a food processor, pulse basil, garlic, Parmesan cheese, salt and pepper until smooth. Slowly add the olive oil while pulsing.

Combine raw shrimp with pesto and marinate for a few hours in a bowl. Soak wooden skewers in water for at least 20 minutes (or use metal ones to avoid this step). Thread shrimp onto 7 skewers.

Heat grill or pan on medium-low heat until hot. Be sure to lightly spray the grates or pan with oil. Place the shrimp on the hot grill or pan, and cook until shrimp turns pink on the bottom, about 3-4 minutes. Turn and continue cooking until shrimp is opaque and cooked through, about another 3-4 minutes.