

Mentors, Buddies, Accountability Partners

Lilly Gundacker
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I first heard of the Buddy System as a project of the Australian Red Cross to help drug addicts come clean. I guess I would liken it to the [sponsor](#) system of AA Alcoholics Anonymous. I am no expert, I have zero experience in both areas, apart from my volunteer work with the Women's Federation and mainly hearsay and information gleaned at conferences, especially at the UN.

So, it is interesting now to put this into context as I want to tell you that it is so wonderful to have mentors, buddies, accountability partners.

MasterMind

I've been in a MasterMind group for a few years since after I started retirement and am so grateful to have this constant feedback, support, "got your back" feeling, coming to me every week.

It means I get up early even though I'm retired and even if I have no other appointments and even though I have less than eight hours of sleep. I am there for my MasterMind Buddies because I volunteered to host the [Zoom](#) meeting.

It was shortly after I retired when I played with the concept of going back to self-employment and began strategizing ways to market myself. I invested in a couple of self-development courses and then also in a new blog page and other software to support my new business.

I can't tell you exactly when I decided to pay for my [Zoom](#) account, but it was after I'd been invited to support some on-line meetings, and before the outbreak of Corona.

Decide

I realized I needed my own Zoom account and, as [Dean Graziosi](#) talks about needing control of his life, I needed to be able to control the meetings I was supporting. I was already the one to post the video to YouTube, so I also needed to be able to ensure the quality and standard of the recording.

That was one good decision I made early on. You need to anchor your steps to maintain stability.

Community

Community is also important. You know the saying that you are the five people you spend the most time with? Apparently a [Jim Rohn](#) concept about how your social circles shape your life: "You are the average of the five people you spend the most time with." Even though I have never yet followed Jim Rohn myself, a few of my mentors have often referred to him.

Success leaves clues they say.

Social

I just did what Google AI suggested and started listing the people I talk to or see the most. It's called the life audit. You should then check their impact, ask whether they support your goals or bring you down and as necessary, adjust your circle. Spend more time with positive, driven people to help yourself grow.

Wow! What a sudden lightning strike as I realize that beyond the few people I physically see every week, I have a plethora of contacts and influences that I turn to daily, sometimes hourly.

I followed the social media experiment of the Austrian school students with interest (where the students reported very positive impact during total restraint from mobile phone use for three weeks) and am so happy to report that I already monitored my kids' television input and used the video recorder to ensure they were only exposed to age-appropriate content and in doses which I controlled.

I do believe that had a major influence on the outcome of five grown responsible men who are a positive contribution to society. Does it help to say, it is not easy these days? No. Times are different and change is a part of growing up. Interestingly I do notice my aversion to excessive change in my aging years. So, balance again appears to me to be the magic middle.

My next realization is that the stuff you consume is as powerful as the people in your life. You either talk to your folks and kids and those you see and work with every day, or you have virtual relationships and connect via the internet, the phone or other media.

(Or books. What about books?)

So, interestingly a while ago, I thought I wanted visibility and said I would post twice a week. Then the next four weeks I had intimate family relationships which I was not going to share publicly in respect for the people involved.

I had personal health issues which I was also not willing to plaster the internet with, then I had my digital limitations with my phone conking out on me, my storage spaces filling up and my computer and phone just not and not letting me do what I wanted to do.

Motivation to share or even possibility to share were down to near zero. All the more inspiring to come up with the answer, that I am not alone! It is not just my problem. I can tell you about my experiences without complaining, but already offering a solution that has helped me.

How wonderful is that? That makes me a good person to be around.

In my MasterMind meeting this morning after citing a list of successes of the past week, I reflected on what I still wanted to achieve and then committed to spending time writing.

The Result?

Here you have it. I've spent less than an hour and I have my blog article ready. I have improved my own self-confidence that I still have something to offer. And I am ready to be that fifth person who can raise somebody else up into a higher consciousness, motivation or idea. Even virtually, without shame or blame. Now I still have to find a suitable picture.

How about this, my morning glories have begun blooming again now in the autumn. It rained and they have speckles on their petals. I'm saving the seeds and already thrilled in anticipation of next years' flowers.