

Self-Contract

The Self-Contract is a tool that can help you move towards your goals. The way it works is by stating a time by which you will make the desired change – i.e., “I will do X by [DATE].”

Now, consider an important goal of yours. Why is this important to you and when would you like it completed? How will you reward yourself for achieving this goal? Include this all when developing your contract below.

Today's Date

I will (state your goal or action point here)

I will do this by

Because doing so will help me move towards being the person I want to be – someone who:
(state personal or professional reasons for making this change):

Upon completion, I will celebrate or reward myself by:

Signed

Date