

THE
SELF-CONTRACT

WORKSHEET

|

a worksheet from
Atlife.COMmunity

A self-contract is a powerful accountability tool that increases the likelihood of accomplishing a certain goal or following through on changing a habit.

CHECKLIST TO WRITING A BULLET-PROOF SELF-CONTRACT:

- Focus on achieving just one goal
- Gain clarity on the steps you need to take to achieve the goal and include them.
- Set a deadline and keep it in the near future so that you stay motivated.
- Keep the design and language formal so that you can take your self-contract seriously.
- Define a reward and (optional) consequences for breaking the contract.
- Print and sign your contract with your name, the date and time

ACCELERATE ACCOUNTABILITY:

- Write down potential excuses and challenges beforehand and think about ways to prepare for them.
- Keep your contract in a spot where you can see it on a daily basis.
- Have a mentor or friend cosigning your self-contract
- If you need even more pressure to hold yourself accountable: Post your self-contract publicly and make an official commitment to stick with it.

Start Date:

FINISH Date:

MY GOAL

Actions I will take and when I will take them

Action:	When / how often I perform this action:

Target-Behaviors I want to change

Target Behaviors:	What I will do instead when the urge for this behavior arises:

Potential excuses and challenges and how I will handle them:

Potential excuse / challenge	How I will handle them:

My Why

Why you are ready to commit to this and want to make it happen
 Why you are ready to commit to this and want to make it happen
 Why you are ready to commit to this and want to make it happen

MY REWARD

Consequences of breaking the contract:

I (Name), agree to work toward (goal) and in doing so shall comply with the terms and dates of this contract.

Signature

Co-Signature (optional)