

# Goal Contract

I, \_\_\_\_\_, understand that I am committing to the goal of:

\_\_\_\_\_.

I commit myself to this goal, and in turn, commit to rewarding myself appropriately, when my efforts have been successful. These rewards will be fulfilled without guilt or restraint.

I, \_\_\_\_\_ commit myself to the above goal for the duration of \_\_\_\_ days, weeks, months.

I will take the following actionable steps to accomplish this goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

My reward (s) will be: \_\_\_\_\_  
\_\_\_\_\_.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date