

the

SELF-CONTRACT

WORKSHEET



THE COACHING MASTERS

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.

the SELF-CONTRACT WORKSHEET

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
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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)