

MY CONTRACT FOR CHANGE

Before determining your goal, make sure that it is a **SMART** goal (**s**pecific, **m**easurable, **a**ttainable, **r**elevant and **t**ime-bound) for the amount of time you are giving yourself to complete it.

I _____ (name) agree to _____
 I will begin on _____ (DD/MM/YY) and plan to reach my goal(s) of _____ by _____
 _____, _____, _____ (List projected completion dates).

In order to make my goals more attainable and to track my progress, I have devised a list of short-term goals along with rewards for the successful completion of my short term goals.

Short-term goal	Target Date	Reward

I have identified possible challenges to my goals which could stand in the way of the change I want to make. I've also identified strategies to these challenges with can help me stick to my goals.

Challenge	Strategy

MY CONTRACT FOR CHANGE CONTINUED

As a result, I will make more time to achieve the goals by giving less priority to:

A)
B)
C)

Each week I will record my progress by:

A)
B)
C)

My accountability partner will be (full name):

My accountability partner will help me by:

By signing this contract, I have made a commitment to changing my behaviour. I commit to treating every day like it is a new day. The results of the day before will not determine how I approach the next day. I will find an accountability partner who will support my goal and who I will contact when I'm feeling challenged by an obstacle.

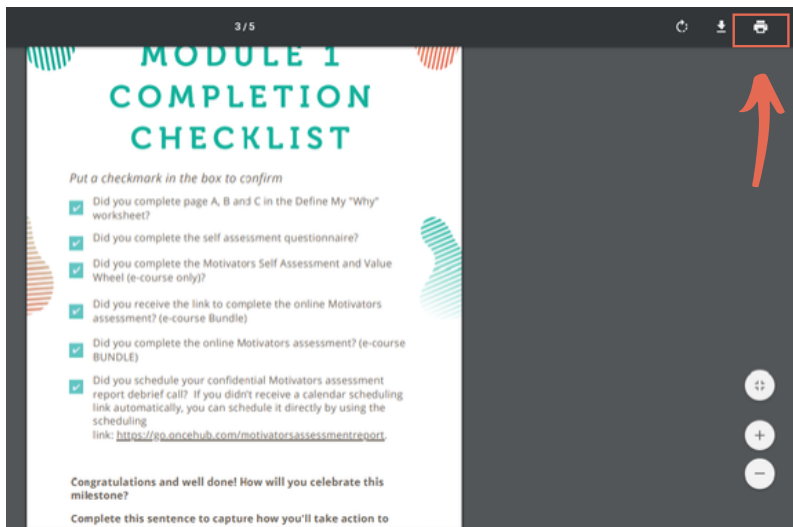
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Date

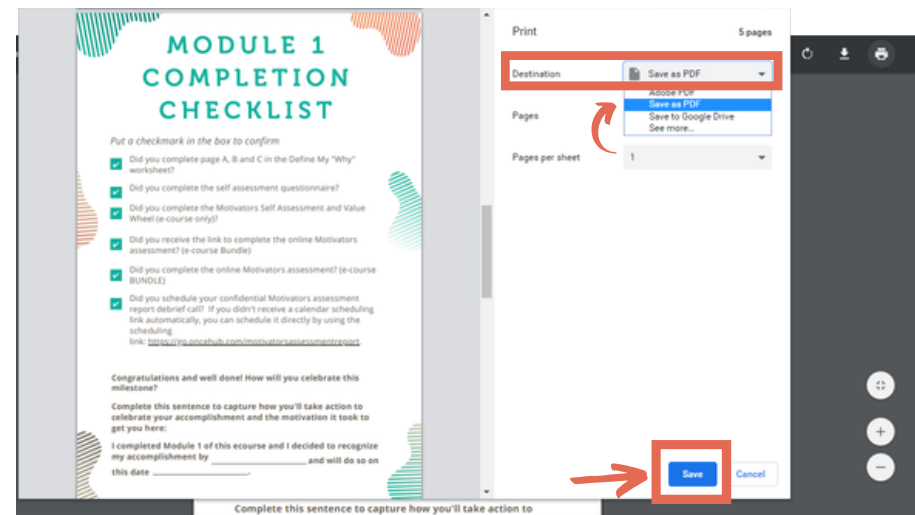


Guide on how to save your worksheet

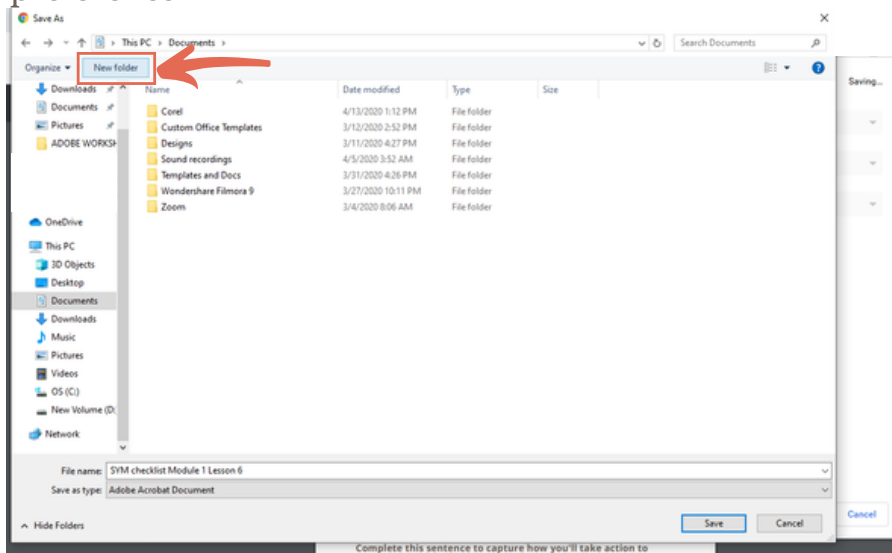
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Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

