



SELF-CONTRACT

Workbook Template

a worksheet from
BOSS WOMEN NETWORK LLC

SELF-CONTRACT WORKBOOK



BOSS WOMEN NETWORK LLC

the
SELF-CONTRACT

Worksheet



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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)