

Self-Contract

I hereby agree and commit to take the following steps to improve my accountability to myself and increase my chances for health and happiness.

Today's Date:		Goal Date:	
Big Goal:			
Benefits of the Goal:			
Incremental Goals:	Due Date:	Reward:	
Emergency Tools:	To Be Used In the Event of:		

In agreeing to this contract, I promise to not let slip-ups convince me that I'm stupid, worthless, or a lost cause, and thereby refuse to engage in verbal self-abuse. Rather, I will find positive ways to comfort and support myself when necessary.

I accept that I am part of a community and will therefore work with others to make sure that — although supportive of their needs and wishes — I will not sacrifice my own, nor violate my own boundaries or engage in inappropriate rescuing of others. Yet, I accept that I am strong enough to receive advice and help when needed.

I also accept that I am in charge of my own decisions and behaviors and will therefore not talk, think, nor act as if any other person, event, or emotion "made me do it." Instead, I will slow myself down long enough to ask myself what's most important at that moment and then make my decision about what to do next.

I have the right to change my mind. So, if at any time, I do not like the consequences of my actions or the trajectory of my plan, I will analyze the situation and do something different, congratulating myself for refusing to be a victim.

My Signature:	Witnessed by:

Want help dealing with stress, change, and attitude?



I conduct regular workshops on line several times per month. All are welcome regardless of ability to pay.

Find out more at [facebook.com/groups/intentions.affirmations.manifestations](https://www.facebook.com/groups/intentions.affirmations.manifestations) or sign up for my mailing list at <http://eepurl.com/LsSIX>

www.ThisTimeIMeanIt.com • 707.834.4090 • scottq@ThisTimeIMeanIt.com



Contract idea inspired from www.sparkpeople.com/resource/motivation_articles.asp?id=748 from SparkPeople.com