GOAL COMMITMENT CONTRACT

I, _____________________________ [print name] commit to taking the following steps toward my goal of ____________________________ [insert goal]:

Step 1:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Step 2:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Step 3:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I will utilize the following resources to help me reach my goal:

1. I will use _________________________ [insert resource] to help me to ________________________________________________________________ .

2. I will use _________________________ [insert resource] to help me to ________________________________________________________________ .

3. I will use _________________________ [insert resource] to help me to ________________________________________________________________ .

The resource I will begin utilizing right away is ________________________________ . I will use this resource or make an appointment by _________________________ [insert date].

Signature: ________________________________________________  Date: _______________