

MY GOAL CONTRACT

I, _____, happily and eagerly commit that I _____
(your name) (your goal in the positive present tense)

(your goal continued)

by _____.
(goal deadline date)

I will take regular and consistent steps toward my goal by completing the following actions:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

In addition to these daily actions, I will accomplish the following milestones:

Milestone (Short Term Goals)	Deadline date
_____	_____
_____	_____
_____	_____
_____	_____

To help me accomplish my goal, I have developed a success relationship with _____. We will
(your accountability partner/coach)
meet every _____ and I will provide him/her with an update on my progress toward my goal accomplishment.
week/month/quarter

I make this commitment this _____ day of _____, _____.

Signed _____ Date _____

Witnessed By _____ Date _____

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