



# MY CONTRACT

## PART A

I, \_\_\_\_\_, do hereby declare that I will achieve the following  
(Name)

short-term goal on or before: \_\_\_\_\_  
(Date)

My goal is to \_\_\_\_\_

In order to achieve my goal, I will complete the following steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. What I expect when my goal is achieved \_\_\_\_\_

## PART B

I, \_\_\_\_\_, do hereby declare that I will support  
(Partner's Name)  
\_\_\_\_\_ in accomplishing her/his goal by \_\_\_\_\_  
(Date)

I agree to do the following three things to support my partner's work toward her/his goal:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Upon completion of the goal, I will reward her/him by: \_\_\_\_\_

Signed: \_\_\_\_\_  
(Name)

Signed: \_\_\_\_\_  
(Partner's Name)

Witnessed by: \_\_\_\_\_

Date: \_\_\_\_\_  
(Date)