

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: _____