



# Contract

This contract establishes the terms of agreement between \_\_\_\_\_ (my name) and myself.

Purpose of the contract:

I agree to attain the following goal or change the following habit:

\_\_\_\_\_

## Contract Provisions:

I agree to perform all actions necessary (including at least the following actions) \_\_\_\_\_ for a minimum of \_\_\_\_\_ (insert number) of (circle one) days / weeks / months commencing on the date of execution of this contract.

I agree to perform these actions at the following times \_\_\_\_\_ and/or in response to the following triggering events or conditions \_\_\_\_\_. I expect to perform these actions in the following locations \_\_\_\_\_. Should circumstances prevent the performance of any agreed actions at the time or place expected, I agree to perform the actions when and where possible.

During the term of this contract, I agree to compensate myself for acceptable performance with the following reward (or a suitable equivalent) \_\_\_\_\_. This compensation (reward) will be considered due and payable either (a.) at regular intervals (circle one) daily / weekly / monthly or (b.) upon reaching the following milestones \_\_\_\_\_.

In the event I fail to perform the agreed actions, I agree to resume my performance of the agree actions for the remaining term of the contract.

Should I be unable to perform the agreed actions for the entire term of this contract, I agree to amend this contract with terms agreeable to myself. If I am unable to complete the actions as provided herein, I agree to execute a new contract with any changes to the provisions necessary to enable me to achieve my purpose.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_