

My PROGRESS Commitment Contract

For the Week Beginning:

Su	Mo	Tu	We	Th	Fr	Sa
✓ Completed						

On a scale of one to 10, How READY am I to do this commitment? _____
 On a scale of one to 10, How Confident am I that I will do this commitment? _____



If either number is less than 8, you need to re- think and re-write the commitment

Is this commitment helping me to **P*R*O*G*R*E*S*S**? What is the **Purpose** of this commitment? How **Ready** am I to do this?
 Does this commitment have a measureable **Objective**? Is this commitment **Gradual** enough? Is this commitment **Realistic**?
 Is this commitment **Exact** enough? Is this commitment on a **Schedule**? Is this commitment **Sustainable**?

What Barriers Do I Face in Fulfilling this Commitment?	This is How I Plan to Eliminate the Barrier

Signed: _____

Did I Achieve the Commitment? **Yes, 100%!** **No**, I completed _____ % of it.

-  If **Yes**, CELEBRATE the accomplishment!
At the very least, Make a fist, pull it down to your side and give a big YES!
-  If **No**, CELEBRATE what you DID accomplish - -

What did you accomplish on your way to this commitment? (at least 3 things)

What did you LEARN on your way to this commitment? (at least 3 things)

Move on . . . Based on the accomplished **commitment** or accomplished **learning**, build a new commitment that helps you to **P*R*O*G*R*E*S*S** – *How Are You Going to Do It Better?*