

Using a Contract to Change Your Behavior

Behavioral contracts are not just for kids. In fact creating a behavior contract and sharing it with others is one of the most effective ways to make changes in your life.

(1) I _____ agree to _____
(name) (specify behavior you want to change)

(2) I will begin on _____ and plan to reach my goal of _____
(start date) (specify final goal)

by _____
(final target date)

(3) In order to reach my final goal, I have devised the following schedule of sub-goals. For each step in my program, I will give myself the reward listed.

_____	_____	_____
(sub-goal 1)	(target date)	(reward)
_____	_____	_____
(sub-goal 2)	(target date)	(reward)
_____	_____	_____
(sub-goal 3)	(target date)	(reward)

My overall reward for reaching my final goal will be _____.

(4) I have gathered and analyzed data on my target behavior and have identified the following strategies for changing my behavior: _____

(5) I will use the following tools to monitor my progress toward reaching my final goal:

(list any charts, graphs, or journals you plan to use)

I sign this contract as an indication of my personal commitment to reach my goal.

_____ (your signature) _____ (date)

I have recruited a helper who will witness my contract and _____

(list any way in which your helper will participate in your program)

_____ (witness's signature) _____ (date)

