

HABIT CONTRACT

DATE: _____

My goal is _____



To reach this goal, I will do the following:
(Be specific: Include what you will do, where you'll do it, and when you'll do it)

1. _____

2. _____

3. _____

I will do the following to ensure that the above habits are Easy, Obvious, Attractive, Satisfying (The 4 Laws of Behaviour Change). Make notes for each habit.

1. _____

2. _____

3. _____

Reward: When I've done this for ___ weeks, I will recognize my efforts by _____

Name _____

Signature _____