



CONTRACT

Write down your individualized expression, dreams, or goals:

Reward statement from actualizing your individualized expression, dreams, or goals:

What five positive beliefs do you have about yourself that will support you in successfully integrating and living your individualized expression, dreams, or goals?

1 _____

2 _____

3 _____

4 _____

5 _____

What changes are necessary to achieve your individualized expression, dreams, or goals?

Short-term:

Long-term:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Signature: _____

Date of Contract: _____

Evaluation Date: _____

