



My Contract With Myself

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This is a rock-solid, long-term **CONTRACT** with myself for _____ years.

I WILL KEEP MY COMMITMENT TO TO MY COMMITMENT NO MATTER WHAT!

This **CONTRACT** does not guarantee I will attain my goal in _____ years. If I do attain my goal it will be great. However, if I do not attain my goal I can renegotiate this contract with myself.

This **CONTRACT** does guarantee that when I die I will have **NO REGRET** because I have the satisfaction that I gave this goal **ALL I HAD EVERY SINGLE DAY**, for _____ years.

I agree I will work My Process Every Single Day and Do Whatever It Takes. My process is all the steps I must take to put myself in the best possible position to attain my goal. I will evaluate my process on a weekly basis. The following are the initial steps I have identified that I must do to improve my process.

(Examples: Begin working with a Coach/Mentor, Physical and Mental Skills I will Develop, Development of Daily Routines and Habits of Excellence Schedule)

1. _____
2. _____
3. _____
4. _____
5. _____

The following are strategies I will put into place to help me stay committed to my contract.

(Examples: Get addicted to positivity, ask for help, develop a growth mindset, have an elite inner circle, get comfortable being uncomfortable.)

1. _____
2. _____
3. _____
4. _____
5. _____

Success to me is defined as being better today than I was yesterday and better tomorrow than I am today. My peace of mind is knowing I am choosing to become the optimal version of myself during this _____ year period. My goal is fueled with an all-consuming burning desire that is firmly held in my Mind, Heart, Body, and Spirit.

SIGNED _____

DATE _____