

Your contract for success

Give this to your doctor, health coach or support person and come back to your contract when you feel especially challenged.

I hereby pledge to institute the strategies outlined in this workbook to increase the likelihood of meeting my goal(s).

My wellness vision:

My long term goals:

My three-month goals:

My motivators/values:

What strengths will I use to reach my goals?

What are my current barriers?

What steps will I take to overcome my barriers?

My confidence level that I will reach my goal is: (10 being very confident)

