

ACTION SHEET THE SELF-CONTRACT FOR CHANGE

WHAT I WANT IS: _____

HOW I AM GOING TO GET IT IS TO:

1. DEFINE NEEDS (support - time - energy - \$\$\$ - information - etc.) _____

2. LIST OBSTACLES (people - education - communication skills - attitudes - stressors - etc.) _____

3. LIST RESOURCES (support - skills - decisions - plans - etc) _____

4. PUT IT IN MY CALENDAR STARTING (date & time) _____

I WILL START SMALL - so I won't undercut myself - BY DOING (specific!): _____

I WILL TALK TO MY SUPPORT GROUP - THEY ARE: _____

I WILL PROBABLY START TO COP-OUT BY: _____

AND I WILL STOP THAT BY: _____

I WILL REINFORCE MY SMALL SUCCESSES BY: _____



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.