

The Goal Commitment Agreement

This written agreement is entered between you and your goal that you shall stay committed and do all the needful to achieve your goal.

A. I _____ hereby set a goal of _____
_____ and agree to do all the needful that is required to achieve my goal.

B. I will begin taking actions on my goal on (Date) ____ / ____ / ____
and plan to reach my goal on ____ / ____ / ____.

C. To track and monitor that I am progressing steadily towards my Goal, I set to myself the following Mini Goals / Milestones on the process. Whenever I reach any milestone, I will reward myself appreciating the efforts and commitment that was put in achieving the goal.

<u>SL</u>	<u>Milestone</u>	<u>Date</u>	<u>Reward</u>
1			
2			
3			
4			
5			

D. My overall reward on reaching my final goal is _____
_____.

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E. In pursuit of my goal, I will face the following Challenges and will overcome the challenges by taking the listed corrective actions, proactively.

SL	Challenges	Proposed Action
1		
2		
3		
4		
5		

F. I will use the following tools to track my progress towards the Goal.

SL	Tool	Parameter to be tracked
1		
2		
3		

G. Achieving this goal is important to me because

H. I have prepared a detailed plan indicating the steps that I will take and has enclosed the same to this contract.

I. I sign on this agreement to express my deepest personal commitment to achieve my goal.

Signature | Date | Place