Commitment Letter

Directions: A commitment letter is a contract you make with yourself. Review your quarter-two goals, and decide how truly committed you are to those goals.

Use the following questions as guidelines:

Which of your quarter-two goals are you REALLY committed to? Why?

Which 2 bad habits (procrastination, being distracted, peer pressure, etc.) are you willing to give up in order to succeed?

How EXACTLY will you break those habits?

Besides yourself, who will you hold you accountable?

How will you reward yourself when you achieve your goals this quarter?

What are the benefits or big payoffs? How will it improve your life?