

MY NEW YEAR'S RESOLUTION CONTRACT WITH MYSELF

Beginning _____ (date), I resolve to: _____

Make your resolution specific. Examples: substitute a piece of fresh fruit for the cookies I usually eat during mid-morning coffee break. Take a 20-minute walk at least 4 times per week. Try one new low-calorie recipe at least twice a week.

Your resolution should also be realistic. Start with a reasonable goal. You can always get more ambitious on the next go-around.

As an incentive to stick with this resolution, I will reward myself as follows:

1. After 2 weeks, my reward will be _____
2. After 4 weeks, my reward will be _____
3. After 6 weeks, my reward will be _____
4. After 8 weeks, my reward will be _____
5. After 10 weeks, my SPECIAL reward will be _____

...and at that time, I will decide whether to start a new 10-week plan with this same resolution or a revised goal.

If I break this contract anything during the 10 weeks, I will _____

Assign yourself a "correction" task that's unpleasant but not self-destructive—for instance, a household chore you've been putting off.

...and then I will go right back to the terms of the original contract.

This is important. One slip doesn't have to derail your whole effort. Pick up where you left off.

Since life isn't perfect, I know there will be situations that will test my resolve. These include:

Try to imagine what might get in the way of sticking to your resolution. For instance, if you've resolved to walk outdoors regularly, a long stretch of poor weather may challenge you.

If situations like these occur, I can still stick to my resolution by:

List as many possible solutions as you can think of. In the example given above, you might decide it's okay to walk indoors during severe weather.

I have chosen a "resolution partner" who will encourage me to stick with this contract.

This partner could be a TOPS pal, spouse, friend, relative, or anyone who's willing to offer support.

Your signature: _____

Signature of resolution partner: _____