

# CHALLENGE TO EXCELLENCE

## GOAL CONTRACT

### My Action Plan

I become what I think about all day  
long. I am 100% Responsible for who I  
am.

Name: \_\_\_\_\_

My first goal is to: \_\_\_\_\_

What specific actions (choices) will I make to produce the intended results?

ACTIONS / CHOICES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My second goal is to: \_\_\_\_\_

ACTIONS / CHOICES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

"I \_\_\_\_\_ agree to this  
contract." (Sign name)

I have a plan to accomplish my goals.  
The only person I can change is  
myself.

Make enough copies for each family member.

