



# Contract with Myself

Choose which change you would like to implement in your life. Brainstorm how the change could look like. Write whatever comes to your mind. Use your intuition.

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If your wish for change includes negative expressions, rewrite them into positive ones until all negative ones are placed by positive ones. Change your focus from problem to solution. (Example: „Quit smoking“ will be transformed to „Living a healthy life“.)

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Is your goal written in present tense?

- Yes      - Awesome! Let's move on!
- No      - Rewrite your wish using present tense (Example: „I eat an apple every day“).

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Question: How will this change benefit your life?

Try to see where you want change in yourself without trying to please others, getting approval or rebelling against someone. (Those could be people from today as well as from your past.)

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- Yes. I want this change for myself.
- I realize that I might not want this change only for myself. I will choose reflect on the goal again.



Does this goal fulfill real needs (relationship, orientation, pleasure, confidence)?

- Yes - Great. Let's move to the next question.
- No - Check your goal again and reflect if reaching the goal will be good for you long term.
  - Yes. - Good. Let's move to the next question.
  - No - Hey. You just saved energy. Or you may decide to choose a different goal.

Check if your goal can be reached. Are there other people in this world who have reached this goal before? The goal needs to reflect your skills as adult.

- Yes - Awesome. Next question then.
- No - Rewrite the goal until it is reachable.

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Is your goal specific? Unspecific is „becoming more open“. Specific: „I can approach other people in the street with ease and joy“.

- Yes - Great. To the next question.
- No - Please rewrite your goal to make it specific.

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How can someone else know if you have reached your goal?

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Did you engage your adult ego-state when creating the contract? Is your free child supporting the contract? (Check module Ego-States for details.) We need our free child ego-state involved into our decision-making. Often change might fail because we neglect the needs of our inner child.

- Yes - Great. Let's take it to the next question.
- No - Check which ego-state wants the change and why. Reflect which ego-state could be resenting the change and why.

Is your contract so easy understandable that an intelligent eight year old child can understand the goal?

- Yes - Good. Up to the next question.
- No - Rewrite your goal until it is so simple that a smart eight year old child understands it.

What will be the costs of this change for you? Time, money, engagement, re-decision, saying goodbye, feelings like fear, shame, anger?

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Reflecting on the costs of change. Do you still want to reach your goal?

- Yes - Yeah. Next question.
- No - You saved a lot of energy.

Until when do you want to reach your goal?

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Name four specific steps that you need to do to reach your goal. Make sure to name steps that others could observe from the outside.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Pick those steps that you will execute in the next six days.

1.

2.

3.

4.

Note down those people that will support you in your change.

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If you are planning to get a nice and expensive car, consider that it will cost you more money than a small car. More money usually means more time working. Will you be angry when the car gets a scratch? What are the costs for yearly repairs? How much more petrol will you need for a nice car in comparison to a small car? How much time do you need to research the right insurance? How much time will you spend in service stations, change the tires or cleaning the car? Consciously become aware of the consequences of your decision.

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Do you still want to reach your goal?

Yes - Awesome! Time to sign the contract with yourself!

No - You just saved a lot of energy.

\_\_\_\_\_  
Date and Signature