# Preparation Assignment for Clients

**Preparation**

Make change a priority in your life! Plan to commit the necessary time and effort to your change goal.

Create a specific plan for change and complete a contract (see Behavior Change Contract on next page).

Tell your support network about the change you’ll be making and enlist their help. List the people you’ve spoken with and how they will help in your program for change here.

**Behavior Change Contract**

Once you have chosen a behavior you wish to change and have identified ways to change it, your next step is to sign a behavior change contract. Your contract should show your commitment to changing your behavior and include the details of your program. Use the contract shown below, or devise one that more closely fits your goals and your program.

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1. I agree to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Name) (Specify behavior you want to change)

1. I will begin on and plan to reach my goal of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Start date) (Specify final goal)

By \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(Final target date)

1. In order to reach my final goal, I have devised the following schedule of mini goals. For each step in my program, I will give myself the reward listed.

|  |  |  |
| --- | --- | --- |
| Mini Goal | Target Date | Reward |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

My overall reward for reaching my final goal will be .

1. I have gathered and analyzed information on my target behavior and have identified the following strategies for changing my behavior:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

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1. I will use the following tools to monitor my progress toward reaching my final goal:

(list any charts, graphs, or journals you plan to use):

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

I sign this contract as an indication of my personal commitment to reach my goal.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Your signature) (Date)

I have recruited a helper who will witness my contract and will help me by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Witness’s signature) (Date)