

# Accountability Contract

Fill out this contract with a task/goal you would like to achieve!



CONTRACTING AND ACCOUNTIBILITY CAN REINFORCE PRODUCTIVE HABITS

I \_\_\_\_\_, do solemnly swear on this  
\_\_\_\_\_ day of \_\_\_\_\_, 2021, to  
\_\_\_\_\_

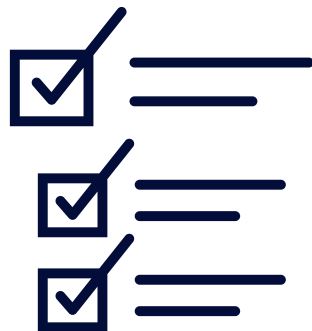
And when I do this I will reward myself  
with \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Witnessed \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_



Remember to break  
down your task/goal  
into smaller steps!

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