

A woman with long blonde hair, wearing a white, long-sleeved, flowing dress, stands with her arms outstretched horizontally. She is positioned in the center of the frame, with her back to the camera. The background is a warm, golden sunset over a landscape with rolling hills and a body of water. The entire scene is framed by a large, semi-transparent white circle.

MY
Manifesting
AGREEMENT

a worksheet from

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MY *Manifesting* AGREEMENT

An agreement with yourself is a powerful accountability tool that massively increases the likelihood of accomplishing your goals, and following through on your actions.

CHECKLIST TO WRITING A BULLET-PROOF PERSONAL MANIFESTING AGREEMENT:

- Focus on achieving just one goal
- Gain clarity on the steps you need to take to achieve the goal and include them.
- Set a deadline and keep it in the near future so that you stay motivated.
- Keep the design and language formal so that you can take your self-contract seriously.
- Define a reward and (optional) consequences for breaking the contract.
- Print and sign your contract with your name, the date and time

ACCELERATE ACCOUNTABILITY:

- Write down potential excuses and challenges beforehand and think about ways to prepare for them.
- Keep your contract in a spot where you can see it on a daily basis.
- Have a mentor or friend cosigning your self-contract
- If you need even more pressure to hold yourself accountable: Post your self-contract publicly and make an official commitment to stick with it.

MY *Manifesting* AGREEMENT

START DATE:

FINISH DATE:

MY GOAL

ACTIONS I WILL TAKE AND WHEN I WILL TAKE THEM

Action:	When / how often I perform this action:

TARGET-BEHAVIORS I WANT TO CHANGE

Target Behaviors:	What I will do instead when the urge for this behavior arises:

POTENTIAL EXCUSES AND CHALLENGES AND HOW I WILL HANDLE THEM:

Potential excuse / challenge	How I will handle them:

MY WHY - *Why you are ready to commit to this and want to make it happen*

MY REWARD

CONSEQUENCES OF BREAKING
THE CONTRACT:

I agree to work toward my stated goal, and in doing so shall comply with the terms and dates of this contract.

FULL NAME

SIGNATURE