

CONTRACT



YOUR COMMITMENT

YOUR GOALS AND YOUR COMMITMENT

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YOUR COMMITMENT

Please use the next few minutes to think about your life, where you are, what you do, how you are, how you do.

So where are you?

On a scale from 1-10 _____

And then think about where you want to be:

NAME YOUR GOAL

- 1.
- 2.
- 3.
- 4.

OVERVIEW OF YOUR GOALS

Tell about your goals, your passion in your goals and what they mean to you.

Your 4 Goals and outcome	How do you know you have achieved your goals ? What is your time frame?

GOALS AND OUTCOME

Describe your goals and outcome

Describe how your 4 goals support one another :

CALL TO ACTION

How far are you from your goals

On a scale from 1-10

TIME FRAME

What is your time Frame

REALISTIC

NAME SPECIFIK WHAT YOU ARE GOING TO DO

HOW DO YOU WANT TO BE KEPT ACCOUNTABLE

Name 4 things how we can support and help you

BUILD YOUR PLAN

Brainstorm

WHAT'S THE RESULT YOU AIM FOR?

WHAT IS SO ATTRACTING TO YOU THAT YOU ARE GOING TO DO IT?

PROCESS

LIST

INVESTIGATION

EVALUATION

EVALUATION

Define use a SWOT

EVALUATION

Define Use a SWOT

QUALITY IN YOUR WORK

YOUR PLAN – WHAT AND WHEN

DO YOU NEED ANY RESSOURCES

Ressource	Rolle	Deadline

BUDGET

- Do you have costs

- Plan and budget for your costs

HOW WILL YOU MEASURE – HOW DO WE SUPPORT YOU:

- 1.
- 2.
- 3.
- 4.

APPROVAL – WEEKLY

Date	Navn	Approved	Date

APPROVAL SIGNATURE

NOTE THAT YOU MUST SIGN OFF EVERY WEEK AND SEND YOUR CONFIRMATION TO THE LEAD OF MENTORING.

Name one reason why you know you want to do this:

I HEREBY SIGN OFF TO KEEP MY SELF-COMMITTED TO MY GOALS AND OUTCOME. I ENGAGE IN GROUP TO ENROLL TO EMPOWER STRENGTHEN AND COMMIT ME.

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I HEREBY SIGN OFF MY CONTRACT TO FULFILL MY 4 CORES OF LIFE.

I am the master of my life and what I focus on I will achieve in my own way.

Approved

Date

Signature