 ENABLE EXERCISE #5
My Behavioral Change Self-Contract

**Behavior Change Goal**

I agree to (specific behavior):

________________________________________________________________________

________________________________________________________________________

Under the following circumstances (specify where, when, how much):

________________________________________________________________________

________________________________________________________________________

**Environmental Planning**

In order to help me do this I am going to arrange my physical and social environment by:

________________________________________________________________________

________________________________________________________________________

And control my internal environment by:

________________________________________________________________________

________________________________________________________________________
## Consequences

Provided by me if contract is kept:


Provided by me if contract is broken:


Provided by others if the contract is kept:


Provided by others if the contract is broken:

