

# Organize IT

Contract for keeping promises and commitments to yourself

I, ....., desiring to commit fully to my chosen goals, as set forth below, and to complete each step, also set forth below, of said chosen goals do hereby promise as follows:

1. For my goal of ..... I will .....  
..... during the period of .....
2. For my goal of ..... I will .....  
..... during the period of .....
3. For my goal of ..... I will .....  
..... during the period of .....

Having set forth these goals and the specific steps that I will take towards each of them during the period specified, I solemnly affix my signature on the line below, attesting that I shall carry out these steps with as much responsibility as I would give to any promise I have made to a boss, client, family member, or friend.

Date:

Signature: