



ENABLE EXERCISE #33

Mental Contrasting to Increase Goal Commitment

Do you want to increase your commitment and success to a future goal? Current research suggests that mentally contrasting a desired future with impeding reality is an effective strategy to produce commitment to a realistic goal.

Complete the three steps below to strengthen your goal commitment and implementation success.

1. Write down your "**desired future**" as specifically as you can (i.e., state your future oriented goal).
2. Reflect on your current situation and what, if anything, *stands in the way of you reaching* this desired future (e.g., obstacles, temptations as having little time or being distracted).
3. What can you do to **overcome** the current obstacles, challenges or barriers that currently prevent you from your positive future?