



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:
