

# Building Strong Families

## My Personal Contract

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1. Self-care goals I will establish: \_\_\_\_\_  
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2. Expectations I need to communicate: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
3. Expectations I can eliminate: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
4. Responsibilities I can delegate: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
5. Negotiation skills I will use: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
  
6. Changes I can advocate for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_