

Building Strong Families

My Personal Contract

1. These are the goals I will set to take care of myself:

2. This is what I expect of myself and others:

3. This is what I used to expect but can now forget about:

4. These are jobs that I can give to others:

5. These re the issues and problems I will negotiate with others:

6. These are the changes that I will work for:

Date _____ Signature _____