Building Strong Families

My Personal Contract

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

2. This is what I expect of myself and others:
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3. This is what I used to expect but can now forget about:
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4. These are jobs that I can give to others:
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5. These are the issues and problems I will negotiate with others:
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6. These are the changes that I will work for:
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Date_______________________Signature____________________________________