

the
 SELF-
COMPASSION
CONTRACT



A “Be ALL” resource from

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COACHING AND TRAINING**

the SELF-COMPASSION CONTRACT

To support your self-compassion practice this self-contract is a powerful accountability tool to increase the likelihood of accomplishing a more loving relationship with yourself and following through on changing your habits.

CHECKLIST TO WRITING A BULLET-PROOF SELF-CONTRACT:

- ☐ Focus only on achieving **Self-Compassion**
- ☐ Use the clarity gained in the workshop to guide the steps you need to take to achieve this goal
- ☐ Set a deadline and keep it in the near future so that you stay motivated.
- ☐ Keep the design and language formal so that you can take your self-contract seriously.
- ☐ Define a reward and (optional) consequences for breaking the contract.
- ☐ Print and sign your contract with your name, the date and time

ACCELERATE ACCOUNTABILITY:

- ☐ Write down potential excuses and challenges beforehand and think about ways to prepare for them.
- ☐ Keep your contract in a spot where you can see it on a daily basis.
- ☐ Have a mentor or friend cosign your self-contract
- ☐ If you need even more pressure to hold yourself accountable: Post your self-contract publicly and make an official commitment to stick with it.

the SELF-COMPASSION CONTRACT

START DATE:

FINISH DATE:

MY GOAL

ACTIONS I WILL TAKE AND WHEN I WILL TAKE THEM

Action:	When / how often I perform this action:

TARGET-BEHAVIOURS I WANT TO CHANGE

Target Behaviors:	What I will do instead when the urge for this behavior arises:

POTENTIAL EXCUSES AND CHALLENGES AND HOW I WILL HANDLE THEM:

Potential excuse / challenge	How I will handle them:

MY REASONS WHY

- 1.
- 2.
- 3.

MY REWARD

CONSEQUENCES OF BREAKING
THE CONTRACT:

I _____ agree to work toward being more self-compassionate
and in doing so shall comply with the terms and dates of this contract.

SIGNATURE

CO-SIGNATURE (OPTIONAL)