



Self


Improvement Contract

Blue Heron Coaching



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A blue-toned background featuring a bright sunburst or starburst effect emanating from the center, with rays of light spreading outwards. The entire image is framed by a thin white border.

Just keep
moving forward

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00 Introduction

Imagine a pact with yourself, a blueprint for success forged in self belief. The Self Improvement Contract is your personal roadmap, guiding you through an eight-step journey of transformation. You'll begin by identifying your deepest aspirations, carving a clear vision for the future you desire, and determining the timeline for your improvement pathway. Next, you'll confront the barriers that can get in your way, deconstructing excuses and replacing them with empowering actions.

This contract equips you with tools to tackle challenges head on, cultivating resilience and commitment. This process empowers you to celebrate milestones and fosters accountability. Completing it is a powerful declaration of your intentions for personal growth and a testament to the limitless potential that lies within you. Let's get started.



01 Set a clear goal.

Achieving a personal development goal is a powerful confidence booster. It shows you what you're capable of and builds the belief that you can take on even bigger challenges in the future. This fosters resilience and a growth mindset.

A well-defined, intentional goal can be inspiring. Seeing that target within reach can give you the motivation to push through challenges and persist if things get tough. Be certain to check out the many resources to support your growth journey on Blue Heron's website.

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02 Align prioritized values to the goals.

Welcome to self discovery, a profound journey into understanding yourself and your life goals. Aligning your values with your goal ensures you're growing in a way that feels true to yourself, informs and supports your decisions, and ultimately achieves a sense of fulfillment that goes beyond simply reaching the finish line.

Self-Reflection. Begin this journey with a series of exercises designed to stimulate your discovery of YOU! Answer the following questions authentically, exploring your core values, the passions that drive your life, and the desires that fuel your aspirations.

Personal Values:

1. What principles do you consider most important in your life
2. What gives your life meaning and inspiration?

For assistance identifying your prioritized values, check out the Values Alignment activity available through Blue Heron resources.





Future Mapping

Start this journey with a clear connection to your future. Answer the following questions to identify your personal and professional objectives:

1. Personal Goals:

- What milestones do you want to achieve in your personal life?
- What would make your life more fulfilling?

2. Professional Goals:

- What are your ambitions and achievements in your career?
- How do you envision yourself professionally in one or five years?

03

Select a due date.



Ultimately, the ideal timeline for your goal depends on the specific nature of the goal, your personal preferences, and your overall life circumstances.

Consider the factors mentioned above to determine the timeframe that best supports your focus, motivation, and progress towards achieving your desired outcome.

Flip to the back to review the *Self Improvement Plan* and record your plan and progress.

Be certain to add the goal achievement date on your calendar too. Make an appointment with your own success.!



04 State your why.

Provide specificity for why you want to achieve this goal. What will be different? What impact will this goal have? What results will you bring about by attaining it? Explicitly exploring your reasons for pursuing this goal will help keep you moving toward it even if there are challenges along the way.

05

Challenge the excuses.

We all have our favorites. I'm too busy. I don't have time. My 'to do' list is already too long. I've lost motivation. I'm this or that so no can do. You may even view these as "reasons" instead of the excuses that they really are.

You may have even built entire narratives to support them. Now is the time to reflect upon their truth. The only way to succeed is to take responsibility for owning this goal and achieving the outcome you desire.

Don't let limiting beliefs allow you to close the door on your own growth and improvement. Instead, ask 'what if?' What if you were successful beyond all belief? Writing down your favorite excuses helps you stay ahead of the curve.



06 Identify strategies to overcome them.

To effectively address the excuses we make, it's crucial to reshape the narrative we tell ourselves into one that empowers us to take charge of the situation. Rather than succumbing to excuses or rationalizations, identify specific ways to overcome them and be certain to write them down.

This might involve cultivating positive, opposing thoughts, disrupting negative thinking patterns, or implementing preventative measures to sidestep potential issues before they arise.

Check out the ebook, *Overcoming Mental Roadblocks*, to help you name and know the speedbumps we sometimes navigate on our way to success. It is found on the Blue Heron website Resources page.

By consciously reframing our internal dialogue and strategizing practical ways to overcome obstacles, we reclaim agency over our circumstances and pave the way for constructive action. We turn “I can’t” into “I can’t yet” or better still, “I can and will.”





07 List your people.

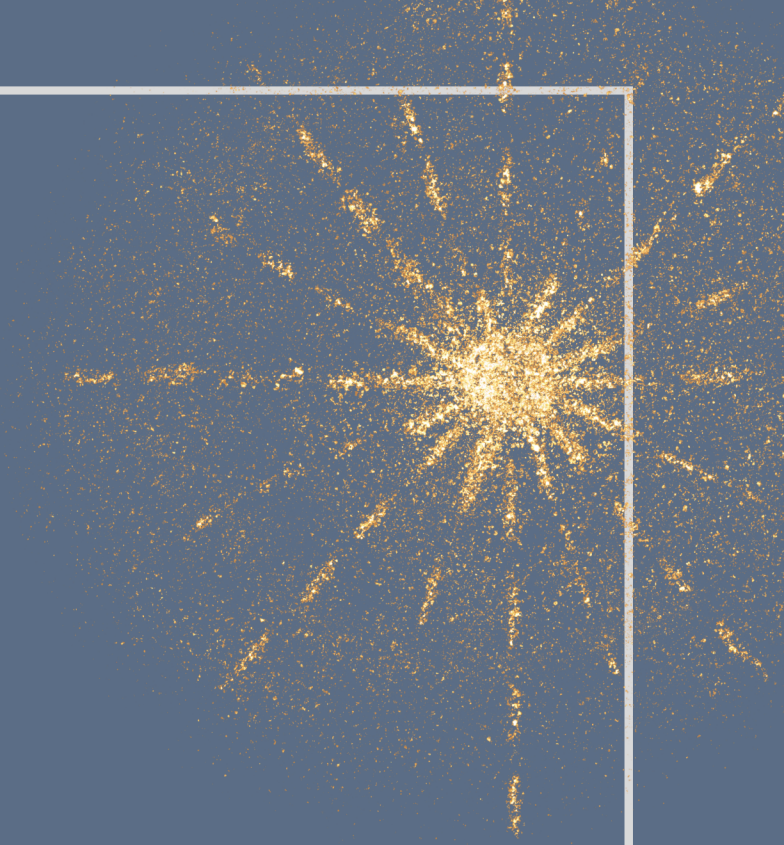
Identify the individuals in your life who will support you as you work towards this goal. Share how these individuals will help you achieve it and/or hold you accountable to achieving it. Clearly define the role they will play in your success.



Celebrate you.

Envision achieving this goal. Is it night or day? Are you inside or outdoors? Are you having a party or a quiet moment by yourself? What does this moment feel like? Where do you feel the center of your excitement? What do you see and hear? Are there any scents? Is there a particular fragrance? Who, if anyone, is with you sharing in this incredible moment of achievement?

It's absolutely critical you take the time to stand in your own star shine and imagine as if what you seek is already yours. Now, start planning that celebration!



09 Conclusion

We invite you to carry what you've learned and apply it to your daily life. Self-awareness and a focus on your outlined goals will guide you on your path. Having a self contract will help you stay the course as it becomes much more challenging to break an agreement where you've expended the energy to put it in writing. Let us know what amazing thing you've accomplished, knowing we are cheering for your success!

Thank you again for caring enough to embark on this growth and improvement journey. Be the director of your life and keep growing, learning, and thriving. Your potential is limitless!

SELF IMPROVEMENT

plan part 1

GOAL

START DATE:

DUE DATE:

PRIORITIZED VALUES

MY WHY

GOAL PROGRESS:

0%

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100%

ACTION STEPS TO ACHIEVE THE GOAL

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

SELF IMPROVEMENT

plan part 2

GOAL SUMMARY

DUE DATE:

CELEBRATE DATE:

LIST YOUR PEOPLE

WHAT WILL BE DIFFERENT
WHEN YOU ATTAIN IT?

GOAL PROGRESS:

0%

--	--	--	--	--	--	--	--	--	--	--	--

100%

ACTION STEPS TO CLOSE THE GAP

YOUR FUTURE SELF - POST GOAL

YOUR CURRENT SELF - PRE GOAL



"You were designed for accomplishment, engineered for success, and endowed with the seeds of greatness."



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