



# Goal Challenge Commitment Sheet

**PIN THIS ON YOUR FRIDGE TO STAY ACCOUNTABLE!**

Research shows that publicly committing to a goal significantly increases the chances of success. When people state their goals, write them down, and display them in a visible place, they are more likely to follow through due to social accountability and identity reinforcement. Visible goal reminders also strengthen self-regulation, making it easier to stay on track and clear goal-setting and progress tracking further enhance focus and long-term commitment. This sheet is designed to help you declare your challenge, stay accountable, and remind yourself daily of your commitment.

## My Challenge Commitment

**Challenge Name:** \_\_\_\_\_

**What is my goal?** \_\_\_\_\_

\_\_\_\_\_

**Why This Matters to Me:** *(Write a short reason—motivation fuels progress.)* \_\_\_\_\_

\_\_\_\_\_

### My Pledge:

***"I commit to working towards my goal every day because I believe in my ability to grow and improve. I will stay focused, push through challenges, and celebrate progress along the way."***

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### Tips for Success:

- Track your progress using a checklist or calendar
- Share updates with a friend or family member for added accountability
- Celebrate small wins to maintain motivation
- Stay flexible and adjust as needed while remaining committed

This challenge is an investment in yourself. Stay committed—your future self will thank you!