



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!