



My Goal Contract With My Future Self

My goal is:

E.g.:

To complete a first draft of my first 3 thesis chapters by the end of 2021

To add £1000 to my savings account between [date] and [date]

To complete and submit applications for 4 jobs by the end of this month

To finish reading [name of article] by 5pm

Tip: Make it SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound)

Attaining this goal will show the following 3 positive things about myself:

1. E.g. I can see past the noise of everyday demands and prioritise long-term goals
2. E.g. I am able to overcome procrastination
3. E.g. I show respect to myself by making time for my own most important projects

Tip: Make these identity-based: they should count as evidence that you're the sort person you want to be

When I attain this goal, I'll reward myself by:

E.g.:

Spending the evening reading my novel, guilt free

Going on a hike at the weekend

Taking a long bubble bath

Scheduling a lunch date with [friend]

Tip: Don't even think of skipping this part. I will hunt you down if you do.

Dump perfectionism. Flourish on your own terms!
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