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*This is a handout on how to create well defined, precise goals and how to turn those goals into personal contracts with your-self.*

*It is a synopsis of the procedure outlined in Napoleon Hill's best selling 'Think and Grow Rich' self-help book.*

*By holding yourself responsible to adhering to the details of the contract you can achieve much in all areas of your life.*

*Wishing you every success,  
Ailish*

*"Every adversity, every failure and every heartache carries with it the Seed of an equivalent or a greater Benefit." Napoleon Hill*

**Re-Write your Agreements / Contracts with Yourself  
& except NO substitute!**

- Create a 'contract' for yourself by carrying out the following steps below.

Seven steps to formulating a new agreement or contract with yourself

1. **Precisely decide on your goal / what you desire.....**
  - ❖ Fix in your mind the *exact* details of your goal. For example, it is not sufficient merely to say 'I want to be rich', be definite as to the amount. Don't say 'I want to be thin' say 'I want to weigh 9 stone, 4 pounds'. Be precise – your subconscious mind works better with definite goals.
2. **Determine exactly what you intend to give in return for your goal.**
  - ❖ There is no such thing as 'something for nothing'. State what you are willing to give e.g your time, your energy, therapy work to release beliefs in your limitations, let go of past failings, your forgiveness, your money etc
3. **Establish a definite date when you intend to have achieved your goal.**
4. **Create a definite plan for carrying out your desire, and begin *at once*, whether you are ready or not, to put this plan into action.**
  - ❖ Do not wait for conditions to be 'right' / things to change before you start working on your plan. All power resides in the present moment. There will *never* be a better time or a better set of circumstances because you are where you are right now *and* 'now' *is all* any of us has. So take a step – even a baby one, and continue building on that until you reach your goal.
5. **Write a clear, concise statement / agreement / contract of what you desire, name the time limit for its manifestation, state what you intend to give in return and describe clearly the plan through which you are going to achieve it.**
6. **Sign the contract and have the frame of mind that it is legally binding.**
7. **Put your statement someplace you will see it.** Take 5 min's each morning and evening to breathe deeply and read your contract out loud affirming that you intend putting the plan into action. While you read your statement, *See* and *Feel* with as much *imagination* as you can muster the achievement of your goal. Do so in the spirit of absolute Faith, Persistence, and Purpose. Demand of yourself the resolve, decisiveness and trust you require to achieve your goal.

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## Setting Personalised Contracts

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### Example of a contract for a person who wishes to reduce their weight:

I James Ryan intend to weigh 10 stone 5 pounds by Sept. I will achieve this goal by:

- ❖ Attending the gym for 1 hour, 3 times a week and going for a walk or some other activity once on the weekends.
- ❖ Gaining control over my food intake. I intend doing this by:
  - a. Participating in 4 hypnosis sessions to develop healthy habits at a subconscious level
  - b. Taking 3 minutes before my meals to visualize myself eating the correct amount for me and being satisfied with that, giving myself time to feel proud and joyful that I no longer allow food to control me
  - c. Allowing myself to feel my emotions and not to tranquilize them with food.
  - d. I will use exercise, communication and EFT to better handle my emotions
  - e. Forgiving myself should I have any relapses and not wait to the next day or Monday to 'start' again.
- ❖ Be kind to myself and develop the habit of saying positive, loving things to myself about my body. I will practice this every time I look in the mirror and while I bathe. If I notice myself slipping into an old habit of negative thinking I will smile to myself and gently allow myself to think a thought that makes me feel a little better and continue with this line of thinking until I feel positive and on purpose again
- ❖ Accept that this will take that length of time and resolve to stay on course until I achieve my goal. I have made a decision to resolve this issue once and for all.
- ❖ Only weigh myself once a month and accept that my weight will naturally fluctuate – I accept that there will be periods when my excess weight will fly off and other times it will be slower. I resolve to stick to my eating plan regardless of what the scales say.
- ❖ Reward myself with theater tickets, football game, day at the races, new CD, massage etc rather than with food.
- ❖ Let go of alibis, excuses, blame and defensive thinking and take full joyful responsibility for achieving my goal.
- ❖ I will enjoy the process and not wait until the end before I allow myself to be more appreciative of my body, mind and life.
- ❖ I recognize in every moment of my life what I allow myself to feel and think is totally my decision (irrespective of circumstance, other people or the weather!)

I do all this in service of my better health and happiness. I acknowledge I am lovable and loved and I now resolve to love my body completely each and every day of my life.

Signed:..... Date.....