

Pedal Aussie Behaviour Changing Contract

1.Lifestyle changes my specific goals per category below.

1. Personal Growth
2. Education
3. Work
4. Business
5. Relationships
6. Creative Self Expression
7. Money
8. Lifestyle
9. Possessions
10. Leisure
11. Travel

2.Short Term self-controlled goals

- 1.
- 2.
- 3.

3. My journal entries will be and reviewed

4. To maximise my chances of getting things sorted I will,

5. Treats for getting things done.

- 1.
- 2.
- 3.

6. Consequences for deviating from my plan:

- 1.
- 2.
- 3.

Steps to get regular success:

1. Benjamin Franklin's 13 virtue steps written onto cards. Book The Autobiography of Benjamin Franklin
2. Toltec Wisdom 4 Agreements Book author Miguel Ruiz.

Date

Your Signature

Supporter's Signature.

PS "We are what we choose, PTO."

Ref: Bezos Jeff, 2021, Invent & Wander, Harvard Business Review, Boston, USA.(p196)

Chapter “ We are what we choose.”

“ Tomorrow, in a very real sense, your life-the life you author from scratch on your own begins.”

1. How will you use your gifts?
2. What choices will you make?
3. Will Inertia be your guide, will you follow your dreams?
4. Will you follow dogma?
5. Will you be original?
6. Will you choose a life of ease?
7. Will you choose a life of service?
8. Will you choose a life of adventure?
9. Will you wilt under criticism?
10. Will you follow your convictions?
11. Will you bluff it out when you're wrong?
12. Will you apologise?
13. Will you guard your heart against rejection?
14. Will you act when you fall in love?
15. Will you play it safe?
16. Will you be a little swashbuckling?
17. When its tough will you give up?
18. Will you be relentless?
19. Will you be a cynic?
20. Will you be a builder?
21. Will you be clever, at the expense of others?
22. Will you be kind?

When aged narrating your most personal version of your life's story and telling we are our choices, what is your story going to be? Good Luck!