

# Engagement Agreement

NB: Take a moment to review the following agreement and if you're ready to take your commitment to the next level, consider signing it. Simply print it out or copy it down, if you prefer and follow the instructions within it.

I, [your Name] ....., solemnly do swear to uphold the engagement(s) outlined in this agreement, and shall be described and recognised, as the engagé(e), in this document. I will work towards the following goal(s):

[Describe your goal and objectives]

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..... for a duration of ..... years, I will diligently ensure I miss no days unless I am physically incapable of fulfilling even the smallest task towards my goal, or an optional day per week to rest.

I will take adequate rest daily, after my duties are completed, for my health and engage in physical and mental activities to entertain myself and relax, at least once per week.

During these days, I will perform a minimum of actions daily that will propel me further towards my goal. If I fail in fulfilling my weekly quota of a minimum of #..... actions, I will pay or give, [write an amount of money or object that you can barely afford to lose and would hurt enough to make you want to avoid slacking].....; weekly to my accountability associate, at once or when my accountability associate requests payment when postponed. My accountability associate agrees to follow up weekly with me and verify that I've taken the aforementioned number of actions/steps towards my goal(s). And I will submit proof that such actions were taken and of their nature.

I will fully comply with the punitive payment and deliver it promptly under the agreement and agree to submit myself to local law if I resist or fail to pay. This agreement will be in effect from ...../...../..... To ...../...../.....

This agreement will run on in perpetuity it can only be annulled by mutual agreement with my accountability associate named below. Each week I fail to complete my quota of actions I will pay the penalty to my accountability associate.

**Name of the Accountability Associate:**

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**Signature of the Accountability Associate:**

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**Name of the Engagé(e) Associate:**

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**Signature of the Engagé(e):**

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