Promises & Consequences Tracker

K = KEPT NK - NOT KEPT



QUICK TIPS ON PROMISES:

- · Be realistic.
- · Be specific.
- · Stretch yourself.
- Use powerful language (i.e. "hope" and "try" are not the strongest of verbs).
- Manage the external world (i.e. bring food to the airport.)
- Get the joke. The last promise you want to make, should be your first.

QUICK TIPS ON CONSEQUENCES:

- Consequences are not punishments. They are an incentive to keep your promises.
- Consequences should sting enough to make you think twice before you bypass your promise and buy your own brand of excuse.
- Find your sense of humor (yes, again). Consequences should annoy the crap out of your brat and chicken, so much so, you keep your promise.

PROMISE	MON	TUE	WED	THU	FRI	SAT	SUN	ACCOUNTABILITY BUDDY	CONSEQUENCE	PAID
EXAMPLE: RUN 3XS A WEEK	-	NK	-	-	К	К	-	Alyssa	No TV for each run missed.	Yes!