ENABLE EXERCISE #33
Mental Contrasting to Increase Goal Commitment

Do you want to increase your commitment and success to a future goal? Current research suggests that mentally contrasting a desired future with impeding reality is an effective strategy to produce commitment to a realistic goal.

Complete the three steps below to strengthen your goal commitment and implementation success.

1. Write down your "desired future" as specifically as you can (i.e., state your future oriented goal).

2. Reflect on your current situation and what, if anything, stands in the way of you reaching this desired future (e.g., obstacles, temptations as having little time or being distracted).

3. What can you do to overcome the current obstacles, challenges or barriers that currently prevent you from your positive future?