My New Mental Script Contract

I, , agree on this day of , 20 , to rewrite my mental bank script to arrive at a yearly income of

Dollars ($).

This amount will represent 25% o my Mental Bank Balance which will be

Dollars ($). I will arrive at this amount by paying myself a base amount of $ per hour for value events listed below, with varying amounts for special activities listed.

Signature Date

The Mental Script Contract is an integral part of the Goal Achievement Success System. The contract should be written out in longhand (cursive). This is a template for you to follow. You should write YOUR Mental Script Contract on the blank page next. You will define your goal for your new Annual Income goal. This is called your Mental Bank Goal. Your Mental Bank Goal should be two times (2X) your current Annual Reality Income. Your Mental Bank Balance goal will be four times (4X) your Mental Bank Goal. Your Mental Bank Goal will become your Reality Income when you have accumulated your Mental Bank Balance Goal.

Value Events

EVENT	Amount	(H)ourly (F)lat Rate

Mental Bank Happenings

DATE	HAPPENINGS

Mental Bank Investments

DATE	INVESTMENTS / AFFIRMATIONS

Mental Bank Ledger

MENTAL BANK GOAL:

Date	Value Event	Rate	# HRS	Deposits	Reality Income	Mental Bank Balance
		$	$	$	$	$

Mental Bank Happenings

DATE	HAPPENINGS

Mental Bank Investments

DATE	INVESTMENTS / AFFIRMATIONS

Mental Bank Ledger

MENTAL BANK GOAL:

Date	Value Event	Rate	# HRS	Deposits	Reality Income	Mental Bank Balance
		$	$	$	$	$