

# MAKING YOUR **Pact**



PACT stands for Purposeful, Actionable, Continuous, and Trackable—the four factors that make for great goals. It was developed by Anne-Laure Le Cunff, the founder of Ness Labs and neuroscientist at King’s College London.

## **Purposeful**

Your goal should be meaningful to your long-term purpose in life, not just relevant to you right now. It will be much harder to stick to your goal if you don’t actually care.

## **Actionable**

Your goal should be actionable and controllable. It’s all about shifting your mindset from distant outcomes in the future to present outputs you can control and that are within your reach, taking action today rather than overplanning for tomorrow.

## **Continuous**

It’s important that the actions you take towards your goal are simple and repeatable. Focus on continuous improvement rather than reaching a supposed end goal.

## **Trackable**

Not measurable. Stats can be overrated and don’t apply to lots of different types of goals. I’m a big fan of the “yes” or “no” approach to goal tracking. Have you done the thing or not? Yes or no? This makes your progress very easy to track.

# #OWOW!

## PACT SHEET

### MY PERSONAL PACT



#### PURPOSEFUL

Your goal should have a long term effect



#### ACTIONABLE

Your goal is based on outputs you can control



#### CONTINUOUS

Consistency and continuity are key



#### TRACKABLE

You can track your goal's progress

**P** My goal is...

---

**A** The actions I will take are...

---

**C** I will work on this goal for...

---

**T** I will track this by...

---



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# #OWOW!

# PACT TRACKER

## MY PERSONAL PACT



My goal is..

---

The actions I will take are..

---

I will work on this goal for:

---

I will track this by..

---

Day / week	Completed?	Day / week	Completed?	Day / week	Completed?
1	✓	1	✓	1	✓

**NO MATTER HOW BIG OR SMALL, WE WANT TO HEAR ALL ABOUT YOUR PACT AND ACHIEVEMENTS. GET IN TOUCH WITH #OWOW TEAM TODAY BY EMAILING [OWOW@INSPIREWELLBEING.ORG](mailto:OWOW@INSPIREWELLBEING.ORG)**

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## PACT SHEET

### MY SERVICE PACT



#### PURPOSEFUL

Your goal should have a long term effect



#### ACTIONABLE

Your goal is based on outputs you can control



#### CONTINUOUS

Consistency and continuity are key



#### TRACKABLE

You can track your goal's progress

**P** Our service goal is...

---

**A** The actions we will take are...

---

**C** We will work on this goal for...

---

**T** We will track this by...

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# #OWOW!

# PACT TRACKER

## MY SERVICE PACT



Our goal is..

---

The actions we will take are..

---

We will work on this goal for:

---

We will track this by..

---

Day / week	Completed?	Day / week	Completed?	Day / week	Completed?
1	✓	1	✓	1	✓

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## PACT SHEET

### MY COMMUNITY PACT



#### PURPOSEFUL

Your goal should have a long term effect



#### ACTIONABLE

Your goal is based on outputs you can control



#### CONTINUOUS

Consistency and continuity are key



#### TRACKABLE

You can track your goal's progress

**P** Our goal is...

---

**A** The actions we will take are...

---

**C** We will work on this goal for...

---

**T** We will track this by...

---



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# #OWOW!

# PACT TRACKER

## MY COMMUNITY PACT



Our goal is..

---

The actions we will take are..

---

We will work on this goal for:

---

We will track this by..

---

Day / week	Completed?	Day / week	Completed?	Day / week	Completed?
1	✓	1	✓	1	✓

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# OUR LIVE PACTS



## MY PERSONAL PACT

My goal is..

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The actions I will take are..

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I will work on this goal for:

---

I will track this by..

---

## MY SERVICE PACT

Our goal is..

---

The actions we will take are...

---

We will work on this goal for...

---

We will track this by...

---

## MY COMMUNITY PACT

Our Goal is...

---

Our Actions are...

---

We will work on  
this goal for...

---

We will track this by...

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