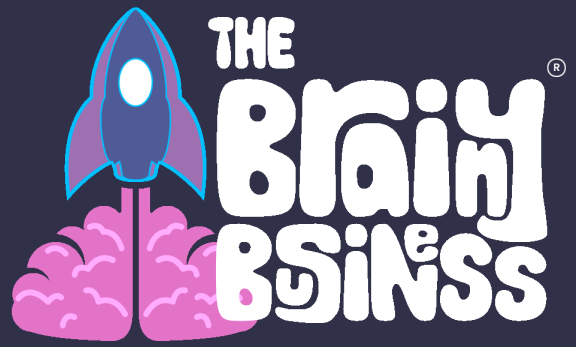


PRECOMMITMENT WORKSHEET



We are more likely to do things when we commit in advance. You can use this to change your own behavior, or have easier business relationships.

What is the behavior to change (or goal to be met)?

This could be anything from exercising regularly to writing a book or getting more employees to opt into a 401k plan.

Where can the precommitment be used?

Consider signing a form in advance, getting buy in up front, an app that texts mom when you don't take your medication on time...

What is the consequence for non-compliance?

The trick is to pick something you really hate so you want to avoid it--like donating to a rival political party.

Who will hold the person accountable?

The person needs to be willing to cash the check or "call mom" and apps can fill this space. Consider Stickk or Forest. Using a live person helps with the commitment and is someone to celebrate with when the goal is achieved.
