

The Doctor English Online English Course
Contract with Myself

Contract with myself

Name & Surname: _____

I hereby commit to achieving this goal. I will use the translator to understand every word of every lesson.

I will read and listen to this contract every time I work on my English.

I will plan my lessons, I will read every document, I will listen to every audio file, and I will be accountable for my actions.

I will focus on results and reinforce every lesson by reading and listening to all the material provided at least 10 times until language success is achieved.

I will begin today to achieve this goal. I will immediately download all the audio files to my iPod or Mp3 player (if I do not have an Mp3 player I will buy one immediately).

I will use my audio recording software to create my Mp3 files every time I work on my English and I will immediately download my new audio files to my Mp3 player.

I will make sure that everyday I think, say and remember words and phrases in English.

I will listen to the Mp3 audio files I create everyday.

I will use a goals form for every lesson.

I will continue to use My Victory List of Accomplished Goals to track all my actions.

Date: _____ Signature: _____

Good luck! Be well and enjoy practicing and improving your English,



Nigel J. Casey
Founder & Director
Doctor English
Professional Language Services & Consulting