



CHAPTER 5 WORKSHEET: IMAGE

Free Day Contract

(For use by couples, individuals and families)

I/We, the undersigned, do hereby commit to select, on the first day of each month, one day per month to be our free day. We will repeat this selection process on the first day of each month of the year.

January_____	February_____	March_____
April_____	May_____	June_____
July_____	August_____	September_____
October_____	November_____	December_____

We hereby agree to the following free day stipulations:

1. Nothing gets in the way of our free day commitment (barring natural disasters or Acts of God).
2. Handle all urgent tasks the day prior to the free day. Free days are task-free zones.
3. Do not preplan your free day. Be completely spontaneous. Do nothing, do anything, just be free! Play, have fun, it's your day!

Name: _____ Name: _____

Signature: _____ Signature: _____

(Post this contract in a visible location.)