

Making a Change for The Better

1. Write down what you want to change. BE VERY SPECIFIC!

I will _____
(what you want to do)

2. Explain how you will do it. MAKE THE PLAN!

I will so this by _____

3. When will you do this?

I will work on this _____
(give dates)

4. I will need support from (Name all persons and support needed from each.)

1) _____
2) _____
3) _____

(Add more lines if needed for more people.)

5. I will know I met my goal by _____
(How you will keep track of your progress.)

6. My reward(s) will be

Rewards for smaller steps toward goal _____

Reward when I achieve the final goal _____

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