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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