

# 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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