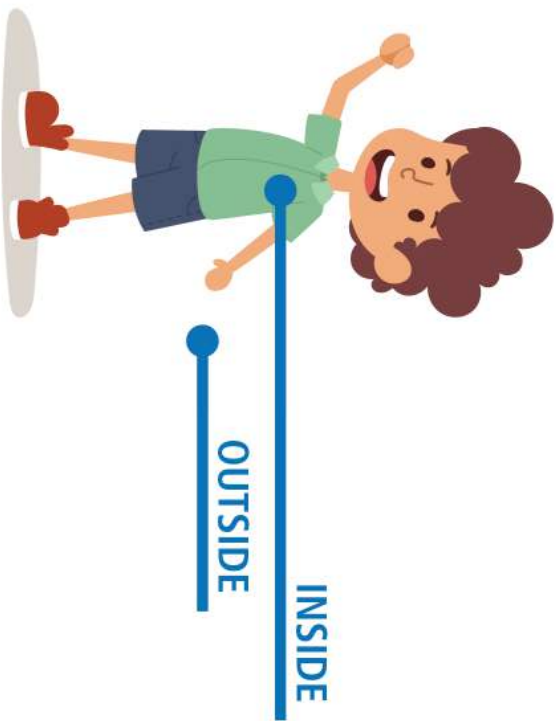




## WHAT'S GOOD FOR ME

Name: \_\_\_\_\_

**Directions:** Fill in the goal charts below. Choose inside traits, and outside actions, to practice, and identify challenges you might experience.



INSIDE EXAMPLES	OUTSIDE EXAMPLES
patient	waits quietly for their turn to speak
hard-working	finishes all homework
musical	practices guitar

### WHAT TRAITS DO YOU WANT ON THE INSIDE?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### One challenge I may experience:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### HOW WILL THESE TRAITS LOOK ON THE OUTSIDE?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### One challenge I may experience:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_