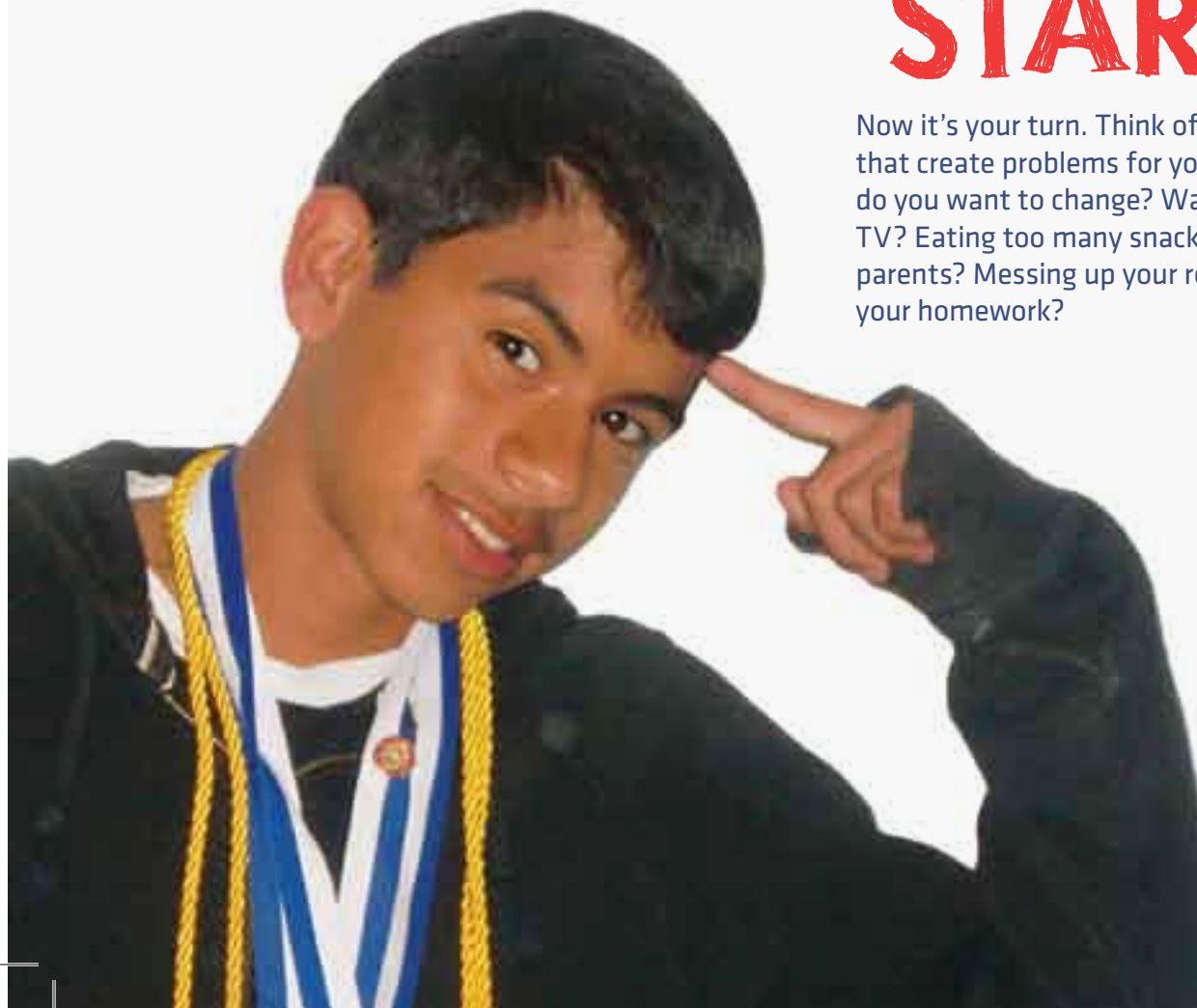




COACH YOURSELF TO EARN YOUR **STARS**

Now it's your turn. Think of ways you behave that create problems for you. Which behaviors do you want to change? Watching too much TV? Eating too many snacks? Arguing with your parents? Messing up your room? Neglecting your homework?



STEP 1:

Face the truth about your behavior (how big, how long, how important).
State your goal in one sentence.

STEP 2:

See the talents, skills, and strengths you possess to change your behavior and to reach your goal. List 3 to 5 Personal Assets you will tap.

STEP 3:

Take action to alter your behavior and to achieve positive results – for yourself and for other people. Name the actions you will take.

