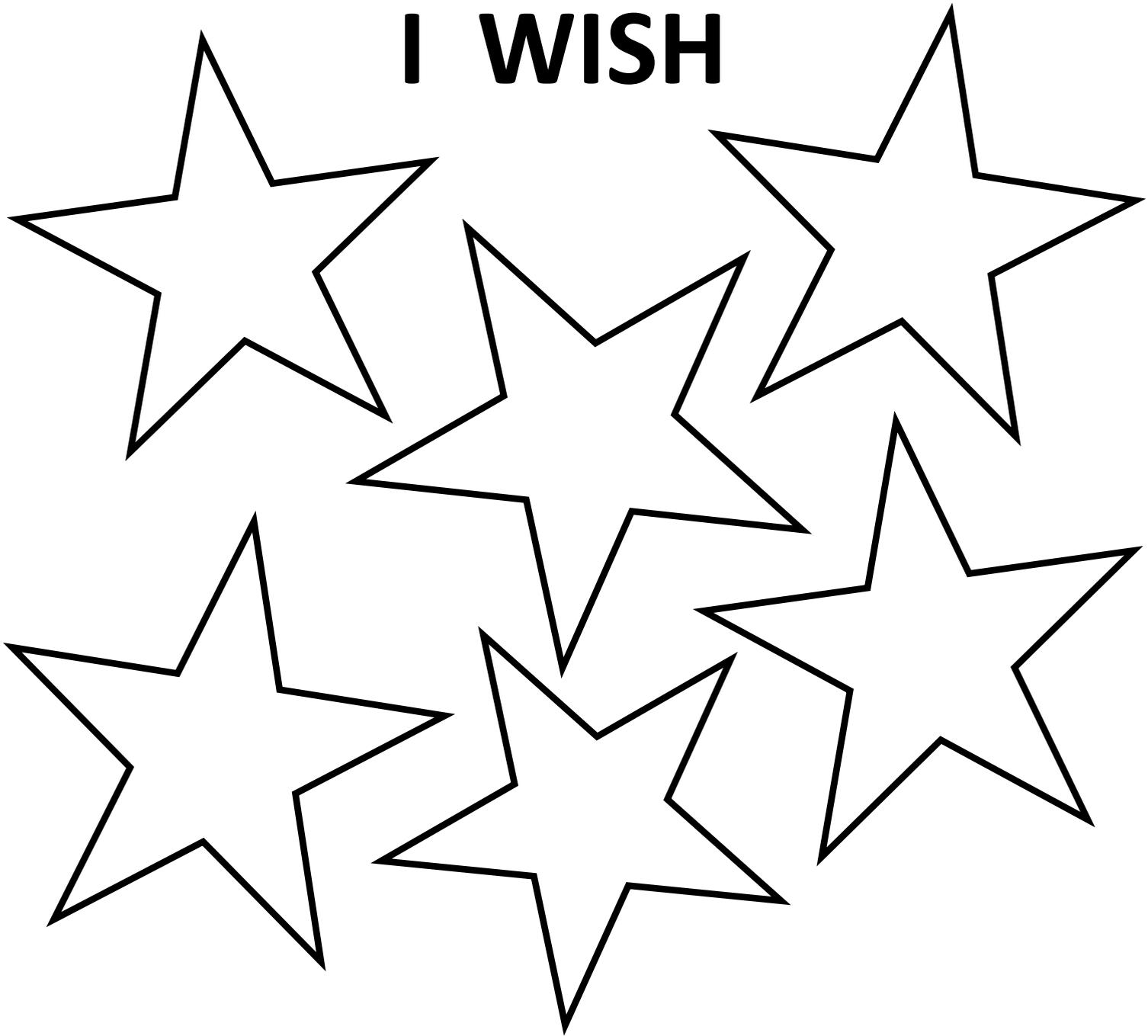


# I WISH



**Think about wishes you may have in the following areas and write them in the stars above:**

Hobbies and Interests

Exercise and Sports

Saving money

A behavior you would like to change

Something new you would like to learn

Cooking and eating

Friends

School work

Reading

# Turn Three Wishes Into Goals

Do you have the skills and knowledge to make this wish happen?

Can you make it happen in one month?

Can you make it happen without much help from others?



I will \_\_\_\_\_  
(what)  
\_\_\_\_\_.

Step 1 \_\_\_\_\_

Step 2 \_\_\_\_\_

Step 3 \_\_\_\_\_

Resources Needed \_\_\_\_\_



I will \_\_\_\_\_  
(what)  
\_\_\_\_\_.

Step 1 \_\_\_\_\_

Step 2 \_\_\_\_\_

Step 3 \_\_\_\_\_

Resources Needed \_\_\_\_\_



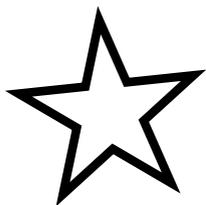
I will \_\_\_\_\_  
(what)  
\_\_\_\_\_.

Step 1 \_\_\_\_\_

Step 2 \_\_\_\_\_

Step 3 \_\_\_\_\_

Resources Needed \_\_\_\_\_



# Start a Daily Routine



It may be helpful to do something every day to help you reach one of your goals.

**For example:**

If your goal is to be stronger, then you might want to do 10 push-ups every day.

If your goal is to keep your room clean, then you should probably make your bed every morning.

If your goal is to read 5 books a month, then you might want to set a goal to read a certain number of minutes each day.

Pick a routine or two and write them down below. Then chart your progress each day on the next page and come back here on the “check-in days” and write how you are feeling.

---

**Daily Routine:** \_\_\_\_\_

Make notes about how you are doing and/or feeling about this routine on:

Day 1 \_\_\_\_\_

Day 5 \_\_\_\_\_

Day 10 \_\_\_\_\_

Day 20 \_\_\_\_\_

Day 30/31 \_\_\_\_\_

---

**Daily Routine:** \_\_\_\_\_

Make notes about how you are doing and/or feeling about this routine on:

Day 1 \_\_\_\_\_

Day 5 \_\_\_\_\_

Day 10 \_\_\_\_\_

Day 20 \_\_\_\_\_

Day 30/31 \_\_\_\_\_



# Chart Your Daily Routine



Fill-in your routine(s) at the top. Then make a check each day you complete it. When a row is yellow, go back to the previous page & write a note about how it is going.

Routines			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Day 31			

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