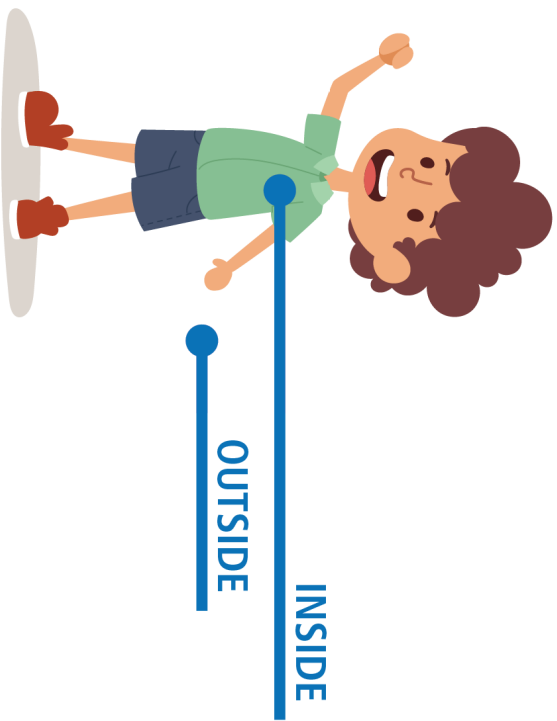# WHAT'S GOOD FOR ME

Name: _____

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

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:

_____

INSIDE

OUTSIDE

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