

UNIT 6

# Build Your Action Plan

1. Write down your goal. Be specific. (A goal is something you want to achieve.)

2. Write down your action steps. (An action step is something you can do to reach your goal.)

3. Write down how you will know you have reached your goal. (This is called an evaluation.)



**G**oal: I want to be a better student (A goal is something you want to achieve.)

**A**ction Steps: I will study every day. I will ask my teacher for help when I need it. I will read every day.

**E**valuation: I will know I have reached my goal when I get good grades.



**S**uccess: I will be a better student. I will get good grades. I will be happy with my school work.



**E**xercise: I will walk every day. I will run every day. I will play sports every day.

**S**leep: I will go to bed every night at 9:00. I will wake up every morning at 7:00.

**M**editation: I will meditate every day for 10 minutes.



**During these times, it can be helpful to take a step back to let your body and mind “reboot.”**



1. Take a break from your goal for a few days. (This will help you recharge your energy.)

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3. Take a break from your goal for a few days. (This will help you recharge your energy.)

4. Take a break from your goal for a few days. (This will help you recharge your energy.)

5. Take a break from your goal for a few days. (This will help you recharge your energy.)

6. Take a break from your goal for a few days. (This will help you recharge your energy.)

SIGHT



START SCRIPT

“ I am excited to share with you the results of our research. We have found that our new product line is well-received by our target audience. This is a significant milestone for our company, and we are confident that it will lead to increased sales and market penetration. We will continue to invest in research and development to ensure we stay ahead of the competition. Thank you for your support and feedback. We look forward to continuing our partnership with you.”

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