

Turn the Negative Goal into a Positive Goal:

For example: I won't cause trouble at recess.

During recess, I will keep my hands to myself and I will be positive around my friends.

1. I won't eat anymore junk food.

2. I won't be mean to my sister or brother.

3. I'll stop spending so much money.

4. I'll listen more.

5. I won't be so lazy with my homework.

6. I won't forget to study for tests.
