

**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.

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

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3. I'll stop spending so much money.

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4. I'll listen more.

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

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

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