

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Brainstorm!

What are some areas you would like to improve upon?

Area to Improve	What Could I Improve?	What Changes Could I Make to Improve?

Put a star next to the area you would like to focus on. Remember, you should only be targeting one area at a time so that you can really make a positive change and stick with it.

