

December

Habit:

First Things First

What First Things First looks like:

I do the things I have to do before I do the things I want to do

I stay focused on what I'm doing and try to minimize distractions so I don't get off task.

I spend my time on things that are the most important

Word:

Honesty

What Honesty looks like:

I will do my own homework

I will be fair and truthful

I will not cheat or help others cheat

I will admit when I have done something wrong

I will keep my promises

I will not lie



Executive Function/ Growth Mindset Task Initiation

What Task Initiation looks like:

I will develop a routine to help with task initiation

I will start on a task in a timely manner even when I don't want to

I will use strategies to help myself

I will stop procrastinating

