**ROLE MODELS**

A role model is a person whose behaviour, example, or success is or can be emulated by others, especially by young people.

Who are your role models and why?

Are you a good role model?

|  |  |
| --- | --- |
| Positive Behaviours: | Negative Behaviours: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

How do we make positive changes in order to affect the lives of others?

**DREAM BOARD**

1. Find pictures & images that represent all your goals
2. Arrange them onto your dream board
3. Place your dream board somewhere you will see it EVERYDAY



Name:

|  |
| --- |
| Compose three statements that would be on your dream board: |
| 1) |
| 2) |
| 3) |

**PERSONAL IMPROVEMENT GRID**

|  |  |
| --- | --- |
| Start doing… | Stop doing… |
| Do less of… | Do more of… |