



## What do you choose to be?

What do you choose to be? Select a trait (Valued, Kind, Generous, etc.) and a task that goes with it. Once you've completed the task go ahead and mark it off. Brainstorm with an adult advocate or friend to come up with a fun reward for each milestone you reach.

### *Rewards*

Each time I complete an entire trait \_\_\_\_\_

\_\_\_\_\_

When I have completed 3 traits \_\_\_\_\_

\_\_\_\_\_

If I do a task each day for 7 days in a row \_\_\_\_\_

\_\_\_\_\_

When all of the traits have been completed \_\_\_\_\_

\_\_\_\_\_



POSITION  
MOVEMENT