

PRACTICE MAKES PROGRESS POSSIBLE!



Use the PRACTICE acronym to help you build skills, stay focused, and keep moving forward—one step at a time!



NAME: _____
DATE: _____
GOAL I'M WORKING ON: _____

P

PREPARE

Get ready for success!
Plan ahead and gather what you need.



What can I do to prepare?

R

REACH OUT

Ask for help when you need it. You don't have to do it alone!



Who can I reach out to for support?

A

ACT

Take action! Small steps lead to big changes.



What action can I take today?

C

CHOOSE

Make healthy choices that move you closer to your goal.



What is a good choice I can make?

T

TRY

Keep trying! Mistakes are part of learning. Don't give up.



What will I keep trying, even if it's hard?

I

IMPROVE

Look for ways to get better. Growth takes time.



What is one thing I can improve?

C

CELEBRATE

Celebrate your wins—big or small! You did it!



What is something I'm proud of?

E

EVALUATE

Check in and see how you're doing. Adjust if needed.



What went well? What can I adjust?

TODAY I WILL...

- Use these steps
- Believe in myself
- Keep showing up
- Trust the process

MY COMMITMENT

I will use PRACTICE to reach my goals!

Signature: _____

