**PRACTICE**

*First & Last Name, Date*



**Write a paragraph on the definition and purpose of a practice.**

**GROWTH PLAN TOPIC:**

**MY DEVELOPMENTAL GOAL** (This is an objective you set to improve your character, skills, and capabilities.):

**THE INCREMENTAL STEPS I NEED TO TAKE TO ACHIEVE THIS GOAL** (These should be specific and objective.):

**MY DAILY/WEEKLY PRACTICE TO FORM A HABIT IN THIS AREA** (This should be consistent in day and time. If you can, attach it to an existing habit.):