



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.):