

January 2019

What you do today can improve all your tomorrows.
-Ralph Marston

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Skill of the Month:

Make a Plan

Use this calendar to make a plan for the month. Look at the activity summary sheet or the webpage for ideas of activities and discussion questions. Schedule a time for some or all of the following events:

- Choose an **introduction activity**. Maybe a movie.
- Summarize the skill**. What is it and what does it look like?
- Use the Skill of the Month Sign**. Decorate it and find a place to hang it up.
- Choose **power statements** and decide how you will say them.
- Follow up** (a few times) on how it's going with power statements.
- Pick times for a few more **activities**. At least once a week is a good idea.
- Follow up** on each activity.
- Choose a challenge**. It's good to bring this up after a few activities and conversations.
- Check in** about the challenge.
- At the end of the month **summarize and review**. What were the highlights? What were the struggles? How will this skill keep helping you? How do you plan to keep working on it?