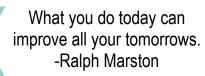
January 2019



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?