

# March 2019

Ability may get you to the top, but it takes character to keep you there.  
-John Wooden

| 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?