

Name: _____ Date: _____

"The Tongue-cut Sparrow"

Directions: The old crabby old woman in this story learned her lesson and changed into a good old woman.

1. Think of a habit you have that you would like to change.
2. Write out a plan for how you will make this change without having to learn a lesson from a bad experience. State your goal in a simple way.
3. Explain how you will measure your success (as in reducing the number of events or achieving a score of some kind each day).
4. Set a length of time (at least 30 days) for the achievement, and look back at your plan to see if it is realistic and attainable. If not, adjust the plan.
5. Share your plan with someone who will enjoy keeping track of your achievement with you.
6. Describe the celebration you plan for the end of 30 days, and perhaps the daily reward you will give yourself for your short-term successes.