



MY BEST LIST



I am developing Self-Discipline in order to bring out the best in myself and others.

Students Name: _____ Week of: _____

<u>My Room</u>	Sunday	Monday	Tuesday	Wednes- day	Thurs- day	Friday	Satur- day
I made my bed							
I placed my dirty clothes into the laundry							
I put my clean clothes away							
I put my personal belongings away							
I picked up my room so it looks neat and tidy							
<u>My Self Care</u>							
I brushed my teeth both morning, and before bed.							
I took a shower/Bath							
I straightened up the bathroom, after taking care of myself, by picking up my clothes, putting away the toothpaste & toothbrush, wiping up water etc							
I laid out my school clothes the night before							
I did something kind for another							
<u>SCHOOL</u>							
I tried to do my best at school							
I showed courtesy and respect to everyone at school							
I completed my homework.							
I prepared for the next day by going thru my backpack, showing my parents all papers and gathering the things I need together.							
<u>Family</u>							
I treated my family with Love and Respect							
I helped with another chore without being asked							

THIS WEEK'S SPECIAL GOAL:

I will practice this goal as often as possible during the week. I'll chart if I was able to practice this goal each day. At the end of the week, I'll see how successful I feel I was.

THIS WEEK THE GOAL I WANT TO PRACTICE:

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Parent Signature _____