

**CREATING POSITIVE  
CHANGES****Model**

Hikari's father was recently transferred to the military base in Hannah's town. Hikari is very nice, but shy. Hannah sees her sitting alone on the school bus. Hannah decides to create a goal-setting plan to help Hikari make friends. The plan will also help Hannah feel good about herself.

Hannah decides to get to know Hikari by sitting next to her on the bus and starting a conversation. She plans to invite her to eat lunch with her and her friends. When Hannah asks the guidance counselor for advice about the situation, he suggests that Hannah encourage Hikari to join clubs and activities so she can meet more people. Hannah decides that she will check on the progress of her plan over the next few weeks.



## Practice

Read the scenario below. Then use the goal-setting steps to create a plan for Julius. Write the steps and your plan for carrying them out on a sheet of paper. Tell how the plan will improve Julius's health.

*Julius has always gotten along well with his younger brother, Rudy. Lately, however, he has found that Rudy always wants to tag along when Julius goes anywhere with his friends. Julius wants to have a good relationship with his brother, but he also wants some time alone with his friends. He decides to create a goal-setting plan to deal with the situation.*

## Apply/Assess

Which skills from this chapter could you improve in yourself? Could you be a better listener, a more supportive family member, or a better friend? Choose one skill from the chapter. Think of a goal that would help you to develop this skill. If you think that you could be a better listener, for example, you might set a goal to spend a week without interrupting people when they're speaking. Write out a goal-setting plan to follow over a one-week period. During the week, keep a journal. In the journal, keep a written report of your feelings and thoughts as you follow your plan. Write a paragraph explaining how achieving this goal can improve your health.



### Goal Setting

1. Set a specific goal.
2. List the steps to reach your goal.
3. Get help from others.
4. Evaluate your progress.
5. Reward yourself.

### Self-Check

- Did I set a goal to develop a skill from the chapter?
- Did I write a goal-setting plan to develop this skill?
- Did I explain how reaching this goal can improve my health?

