

My 9 Resolutions

Students will be tasked to state 9 things / areas that they want to improve upon. These areas of change will be considered short term goals that will be completed by the end of the year.

**Areas of change can include the following but not limited to:**

Attitude / Behavior / Academics / Personal appearance /Personal Growth / Personal Goals /Reducing Referrals & Suspension / Leaving Pinellas Secondary / Getting out of their own way to achieve success in their life

Students will write down their **9 Resolutions**, state why they picked those resolutions & how they will ensure that they achieve success in those **9 areas**. Each step must be completed the following way:

**Being Slow to Anger** / My temper goes from Luke warm to boiling hot in a matter of seconds; I know this emotion needs to be changed for me to remove the main obstacle that can prevent me from achieving peace in my life. I am that main obstacle. / The steps that I will take to improve upon my anger issues is by stopping & praying before I speak followed by taking deep breaths, focusing on inhaling positive thoughts as I exhale negative feelings. I will then imagine how my grandmother would feel if she saw or heard me letting my emotions get the better of me. This is one person that I never want to disappoint. I will remove myself from the issue that could cause me to act in a negative manner / I realize that this change will not occur overnight, but I will work on it daily and keep track of all my success.

Everyone who competes in this contest will earn **Restorative Points** including admission to the **Pizza Party**. There will be **prizes for the top 3 contest winners**