

Action Plan for Becoming More Optimistic and Positive

What are my plans for becoming more optimistic and positive?		
Recommendations	Presently Doing	Strive to Do
Become aware of and monitor my moods.		
Expect great things to occur.		
Shift negative thinking to more positive thoughts.		
Visualize a positive outcome.		
Write positive affirmations.		
Use personal successes to build confidence.		
Reframe pessimistic situations.		
Remain within my Circle of Influence at home and school.		
Maintain high expectations for student success.		
Build confidence in the brains of students.		
Goals and Notes:		