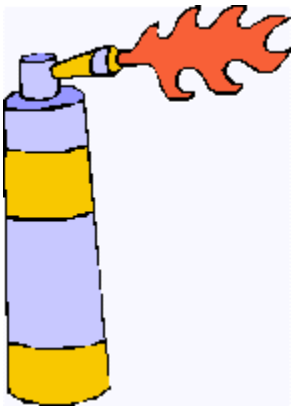
EXCUSE BUSTERS GOAL SHEET



1) The Root Cause for me making excuses is:

_____
_____
_____

2) I am most likely to make excuses when:

_____
_____
_____

3) Here are some of the reasons I think I make excuses:

_____
_____
_____
_____
_____
_____

4) The excuse that I would like to use less is:

_____

5) Here is my game plan (exactly "how" will you "bust" this excuse?":

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

6) How will I know when I've met my goal?

_____
_____
_____
_____
_____
_____

7) I will check my progress by (date):

_____

Students will store this sheet in a file or notebook for future reference. Assessing their progress should be an ongoing activity throughout the year. Once they have a handle on this excuse, they may want to begin the process of "busting" another excuse!