

Name:

Date:

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Score:

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# Who Do You Want to Become One Year From Today?



So here's your question:

**Who do you want to be one year from today?**



Think—really think. Not about who your teachers want you to be. Not about who your friends expect you to be. Who do you—deep down—want to become?

- Do you want to be more confident—proud of who you are and comfortable in your own skin?
- Do you want to be the kind of person who speaks up instead of backing down?
- Do you want stronger grades because you've built discipline and better habits?
- Do you want to be someone who reads more, writes better, and thinks deeper?
- Do you want to be a varsity athlete—stronger, faster, more committed than you are right now?
- Do you want to be known as someone who is kind, reliable, focused, and real?



Whatever your answer is, don't keep it vague. Vague goals don't change people—specific visions do.

So once again, your question is this: **Who do you want to be one year from today?**

In your writing, include the following:



- A detailed description of the future you (what you're like, how you act, how you carry yourself)
- Three traits you want to have (examples: confident, disciplined, calm, brave, consistent, patient, honest, focused)
- Two habits you need to build (what you'll do regularly that you don't always do now)
- One habit you need to break (be honest—what's been holding you back)
- A challenge you expect to face (stress, distractions, fear, procrastination, negative people, etc.)
- Your plan for hard days (when motivation disappears, what will you do instead?)

