

1 더 멋진 내가 되기 위해 아주 작은 목표를 세우고, 10일 동안 실천한 날을 점검표에 표시해 봅시다.

(예) 자기 전에 알림장 보고 책가방 챙기기

①	②	③	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

첫 번째 목표 :

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

두 번째 목표 :

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

세 번째 목표 :

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

네 번째 목표 :

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

다섯 번째 목표 :

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

같이놀기 tip

목표를 눈에 잘 보이는 곳에 붙여 두고 자주 보면서 되새기면 목표를 꾸준히 실천하는 데 도움이 돼요.

1 더 멋진 내가 되기 위해 아주 작은 목표를 세우고, 10일 동안 실천한 날을 점검표에 표시해 봅시다.

(예) 자기 전에 알림장 보고 책가방 챙기기

①	②	③	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

첫 번째 목표 : **즐넘기 100개 하기**

①	②	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

두 번째 목표 : **1시간씩 독서하기**

①	②	③	4	5	6	⑦	8	⑨	⑩
---	---	---	---	---	---	---	---	---	---

세 번째 목표 : **스스로 숙제 챙겨서 하기**

①	2	③	4	5	⑥	7	⑧	9	⑩
---	---	---	---	---	---	---	---	---	---

네 번째 목표 : **학교 다녀오면 손부터 씻기**

①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
---	---	---	---	---	---	---	---	---	---

다섯 번째 목표 : **핸드폰 게임 하루 30분만 하기**

①	2	3	④	⑤	6	7	⑧	⑨	10
---	---	---	---	---	---	---	---	---	----

같이놀기 tip

목표를 눈에 잘 보이는 곳에 붙여 두고 자주 보면서 되새기면 목표를 꾸준히 실천하는 데 도움이 돼요.