**Tracking My Progress: Relationships SAMPLE**

**My six-day action plan**

**Name:** Miss Scharback

**Action Plan Begin Date:** Monday February 19th, 2018 **Support Person:** Connie Scharback

**Action Plan End Date:** Saturday February 24th, 2018

**My overall goal is to** strengthen my personal relationship with my brother. We do not get to spend time together during the week and we tend to fight on the weekends. I want to change that when I go home for the holidays.

**1. Date:** Monday February 19th, 2018

**Daily goal:** To play a game of cards with my brother

**Did I achieve this goal? Yes or no? Why?**

Yes I achieved this goal and we had fun. We played many different card games together.

**Support Person Signature:**

**Connie Scharback**

**2. Date:** Tuesday February 20th, 2018

**Daily goal:** To go for a drive with my brother and discuss how school is going

**Did I achieve this goal? Yes or no? Why?**

No I did not achieve this goal because the weather was too cold and my brother invited his friends over.

**Support Person Signature:**

**Connie Scharback**

**3. Date:** Wednesday February 21st, 2018

**Daily goal:** To watch a movie with my brother that we both can agree on

**Did I achieve this goal? Yes or no? Why?**

Yes I did achieve this goal. My brother and I watched the movie “Blade Runner 2045” and we both agreed to watch the movie before I put it in the DVD player.

**Support Person Signature:**

**Connie Scharback**

**4. Date:** Thursday February 22nd, 2018

**Daily goal:** To have a discussion with my brother about how we could both change our actions so that we do not fight when I come home.

**Did I achieve this goal? Yes or no? Why?**

Yes I did achieve this goal. My brother and I had a talk in the living room with my mom. She helped us to determine what things we could be doing better as adults.

**Support Person Signature:**

**Connie Scharback**

**5. Date:** Friday February 23rd, 2018

**Daily goal:** To go an entire day without having a single argument

**Did I achieve this goal? Yes or no? Why?**

No I did not achieve this goal. My brother and I fought over a couch in the basement and he hit me on the arm and I got upset.

**Support Person Signature:**

**Connie Scharback**

**6. Date:** Saturday February 24th, 2018

**Daily goal:** To hug my brother before I leave home to come back to Regina. This will show him that I appreciated my time with him and will miss him during the week.

**Did I achieve this goal? Yes or no? Why?**

Yes I did achieve this goal. He was happy that I hugged him before I left home.

**Support Person Signature:**

**Connie Scharback**