

Who's Waiting on You?

Who's waiting for you to follow through?

- A friend you said you'd call
- A parent who asked you to handle a task at home
- A relative due a thank-you for a gift
- A teacher who gave you a deadline extension
- A coach who offered some extra practice time

Follow-through Checklist

REVIEW ONLY

Take a minute and jot down some things you want to follow through on:

▶ With your family:

School
Datebooks

▶ With friends:

▶ At school:

▶ In your activities:

**DO NOT SUBMIT
FOR PRINT**

➔ Practice Makes Perfect!

IMPROVE YOUR SKILL IN FOLLOWING THROUGH WITH THESE SUGGESTIONS:

- ▶ Write down what you need to do and by when.
- ▶ Keep the steps short and achievable.
- ▶ Make following through on something a task you will complete before taking time for fun.
- ▶ If you make more promises than you can keep, figure out why you say "yes" too often, and modify to a more manageable style.
- ▶ If you don't have anything to follow through on, are you challenging yourself enough? Involved enough in life around you?
- ▶ Are you feeling a meltdown coming on? It's okay to take a break and refuel.