

MY COMMITMENTS

(A) I will practice and share this week's My Foundation principle.

(B) I will update my self-reliance plan as necessary.

(C) I will practice one of the following skills or habits (circle one of the following or write your own below): strengthen study habits, read and write effectively, complete assignments, or prepare for tests.

(D) I will contact and support my action partner.

My signature

Action partner's signature