

# CLASS 6 | START SOMETHING NEW WORKSHEET

## TBH “Start Something New” Contract

**DIRECTIONS:** Use this worksheet to help you plan for your “Start Something New” activity.

What is the “Start Something New” activity you plan to begin?

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List 3 specific steps you will take to begin your “Start Something New” activity.

- 1. 

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- 2. 

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- 3. 

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List 3 ways you will measure your progress (time spent, skill level reached, etc.)

- 1. 

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- 2. 

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- 3. 

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Outline how you will set aside time for your “Start Something New” activity.



# RESOURCES



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*(TBH “Start Something New” Contract cont.)*

List 3 possible roadblocks and how you will overcome them.

1.

2.

3.

List 3 ways you will benefit from your TBH “Start Something New” activity.

1.

2.

3.

**Congratulations! You have set a great plan in place for your “Start Something New” activity!**