



- * Adhere to Collective Decision Making
- * Take Turns: Communal Leadership is Shared
- * Fearlessly Confront Conflict as Opportunity

- * Take Responsibility for Each Other's Emotional and Physical Safety
 - * Allow and Make Mistakes
- * Communicate Your Boundaries
- * Respect the Feelings of Others
 - * Take Risks

- * No Put Downs
- * Include Everyone, Work with Everyone
 - * Listen and Repeat What You Hear
 - * Show Respect for Each Other

SMART GOALS

Specific: Goals are not either/or situations. They should focus on one behavior a person wants to increase, decrease or change in some way.

Measurable: In order to know if a goal has been achieved, it must be measurable according to quantity and time. Concrete outcomes.

Achievable: A goal needs to be realistic. If we continually make goals that cannot be accomplished we are creating an exercise in frustration, not goal setting.

Relevant: Is achieving this goal going to make a difference in your life and/or the lives of others in your community?

Trackable: It must be possible to see if you are heading towards your goal at any particular time. If half your time has expired are you half way there?

(Adapted from Adventure in the Classroom, as adapted from Blanchard, and Sharp and Cox)