









Figure 1. Growth Buddy Cycle Chart

Growth Buddy Journey Stations

 <p>A Clear Goal</p> <p>I know what needs to be done now. I know what I want to try.</p>	 <p>Behave, Brain!</p> <p>I was able to keep my focus.</p>	 <p>Ask</p> <p>I made progress when I asked for help. How can I reframe this?</p>
 <p>Try Again</p> <p>Something is just NOT working. I want to try again but don't know where to start.</p>	 <p>Start any where. Repeat as needed.</p>	<p>Find Fun</p> 
 <p>Take a step</p> <p>At least I got started. Now I have an idea for my next step.</p>	 <p>Time and Patience</p> <p>I will try this by Tuesday; let's meet on Wednesday.</p>	 <p>Oops</p> <p>At least now I know what doesn't work.</p>

THE KEY:

-  Keep at it.
-  Be committed to each person's growth.
-  Refuse to give up!

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