**Commitment to Change**

* What can you commit to doing in the next month? Think about SMART goals (Specific, Measurable, Attainable, Relevant and Time Bound).
* How will you go about making that change? What steps will you take? Will you need support?
* What might get in the way of you making that change? How will you overcome these barriers?
* How will this change be good for you? Could this change be helpful to others?
* On a scale of 1 – 5, how committed are you to making this change?

Adapted from Trauma Transformed, UCSF Healthy Environments and Response to Trauma in Schools (HEARTS) Curriculum