



My Punctuality Plan

Name: _____

Helpful Words:

- **Punctuality** = being on time and prepared out of respect for myself and others
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the habits that help others trust, respect, and rely on me

Directions:

Use **writing or drawing** to reflect on your time habits and build your punctuality strategy.

Use the back of this sheet if you need more space.

1. One time I was proud of being on time was:

2. One situation where I wish I had been more punctual was:

3. A tool or habit that helps me be on time is:

4. My Punctuality Superpower helps me do these things:

5. One way I'll practice better punctuality this week is:

6. Punctuality helps me grow my personal competitive advantage by:

7. This is how punctuality supports the lifestyle I want to live: