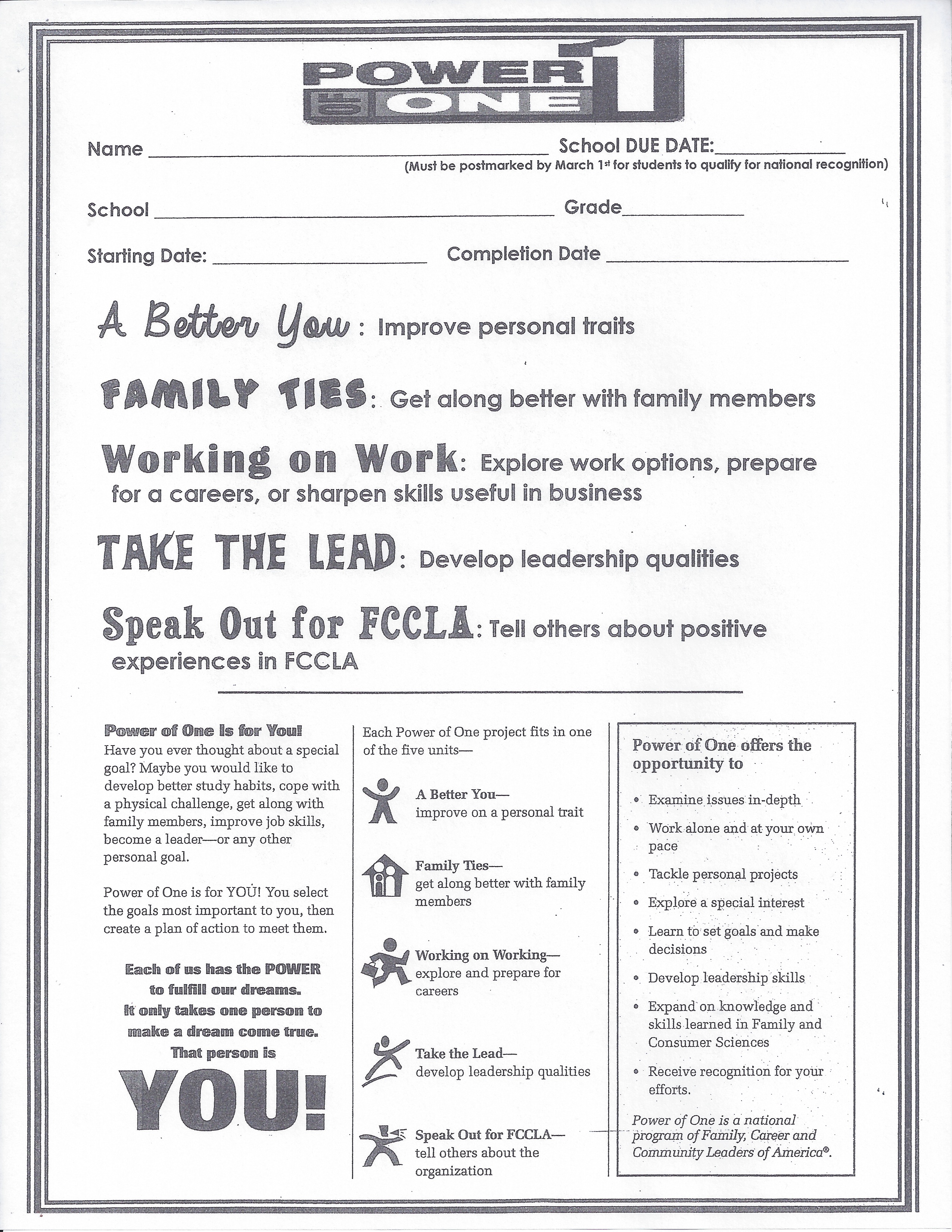
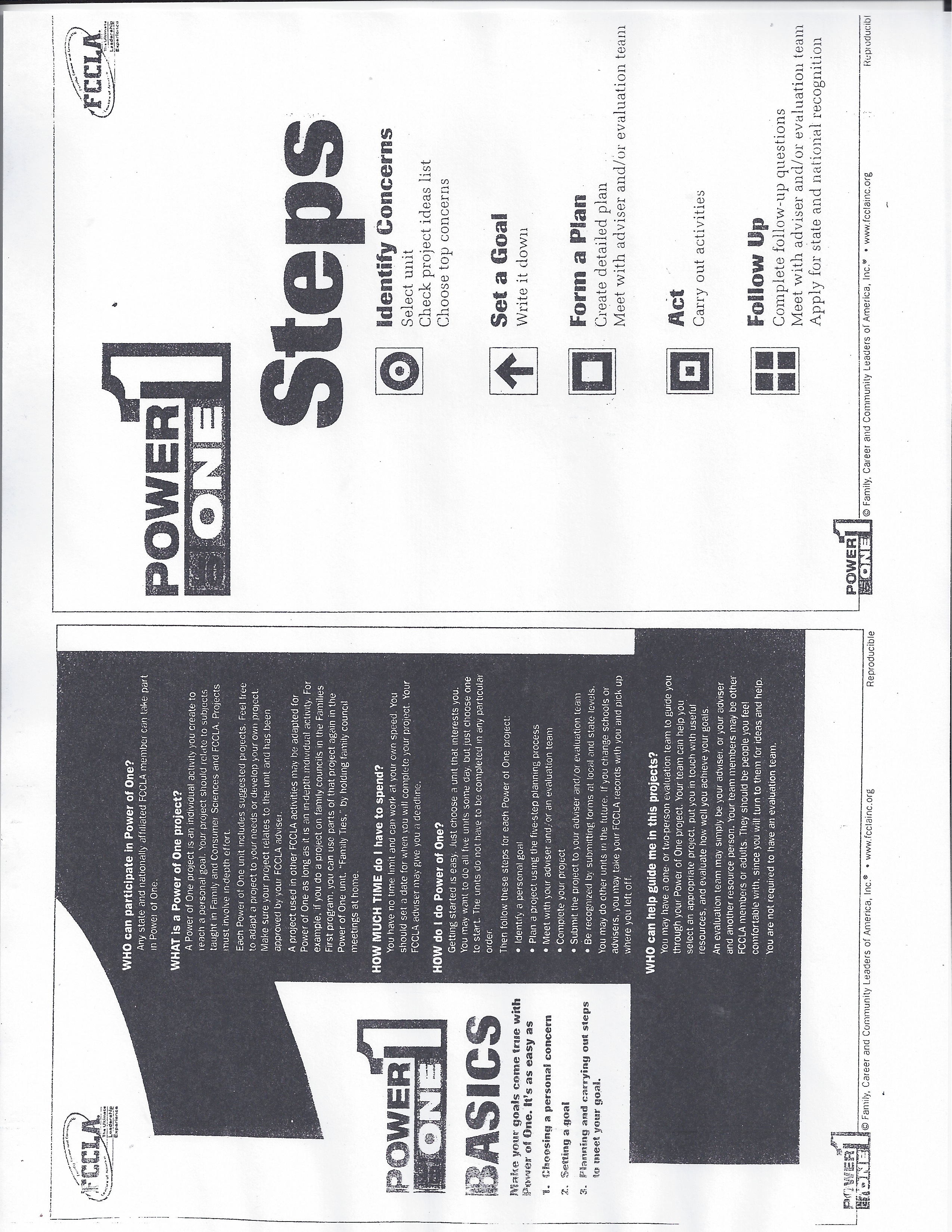
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**A Better You Improve personal traits**

**A BETTER YOU Project Idea List**

* Achieve better grades- Hand in complete homework on time – study for classes at home
* Clean and organize bedroom or other room in house
* Keep a daily food diary for 2 weeks and evaluate how to improve
* Lose weight by following a balanced eating plan
* Follow an exercise program for a month
* Learn about stress and how to reduce the stress in your life – save money for college or activity or purchase
* Manage my $ money $ better – Set up a budget
* Set up a calendar/planner to help schedule personal time better
* Other

**IDENTIFY A CONCERN**

**Ask yourself:**

Which project idea deals with concerns that area most important to me?

Which could be an in-depth project?

Which can be finished in the time available

My top concern is:

**SET A GOAL**

**Here’s what I hope to accomplish:**

DATE Project/Goal will be completed**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MY GOAL IS:** (Habit/activity/personal trait to be improved)

**FORM A PLAN**

**Here’s my plan:**

WHO:

WHAT:

WHEN:

WHERE:

HOW:

**ADVISER GOAL APPROVAL** (Make suggestions to make goal more meaningful and attainable)

Adviser Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACT**

**Here’s what I accomplished:**

**FOLLOW UP**

**Here’s what I learned:**

What were the most successful parts of your project?

What would you change if you repeated the project?

**ADVISER GOAL FOLLOW-UP**

Did the student: Circle one:

Achieve the original goal? Yes No

Complete all planned activities? Yes No

Devote in-depth effort to the project Yes No

Complete project alone Yes No

Fill out the above form completely Yes No

Answers to all questions must be “yes” for project to be approved for Power of One

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Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Family Ties Get along better with family member**

**FAMILY TIES Project Idea List**

* Organize and maintain my clothes and closet
* Schedule an hour a day to spend talking with family members
* Volunteer to take care of additional household responsibilities
* Prepare nutritious family meals 2 times a week
* Interview a parent, grandparent or other relative about their life
* Prepare a family tree or genetic journal
* Create a fun activity with family or siblings
* Practice conflict-resolution techniques in the family
* Say only + positive things about my family
* OTHER

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**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Working on Work**

**Explore work options, prepare for a career, or sharpen skills useful in business**

**WORKING ON WORK Project Idea List**

* Obtain a part=time job
* Participate in the Job Interview STAR Event
* Create a portfolio of your accomplishments
* Set and work on goals to improve on the job skills (being on time, using time well/having a positive attitude, etc.)
* Shadow a worker in a career that interest you
* Research colleges and postsecondary school choices
* Create resume’
* Make list of local jobs available in community
* Volunteer at a job site that interests you
* Research a career that interests you
* Other

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**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Take the Lead Develop leadership qualities**

**TAKE THE LEAD Project Idea List**

* Work with elderly people, someone who is ill, or at risk/special needs child
* Volunteer for several weeks t a local institution or agency
* Help children learn about safety, nutrition or self-esteem
* Explain FCLA to 4 friends and get them to join
* Actively promote abstinence from smoking, drinking, an drugs
* Campaign for no texting while driving
* Lead a chapter committee or project
* Organize a chapter membership activity
* Serve as a chapter officer and fulfill specific responsibilities
* Run for a state or national office
* Other

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**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Speak Out for FCCLA**

**Tell others about positive experiences in FCCLA**

**SPEAK OUT FOR FCCLA Project Idea List**

* Create a pamphlet, poster or power point about FCCLA
* Create a display case promoting your chapter FCCLA
* Organize National FCCLA Week activities
* Appear on a television or radio show and promote FCCLA
* Create an video clip to be shown at your school
* Write an article about your chapter FCCLA and submit it to school or local newspaper
* Write and submit an article with pictures to State FCCLA newsletter or *Teen Times*
* Write a letter to a state legislator about why FCCLA is important to schools, families, careers and communities
* Other

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**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Other 1st and 2nd pages.**

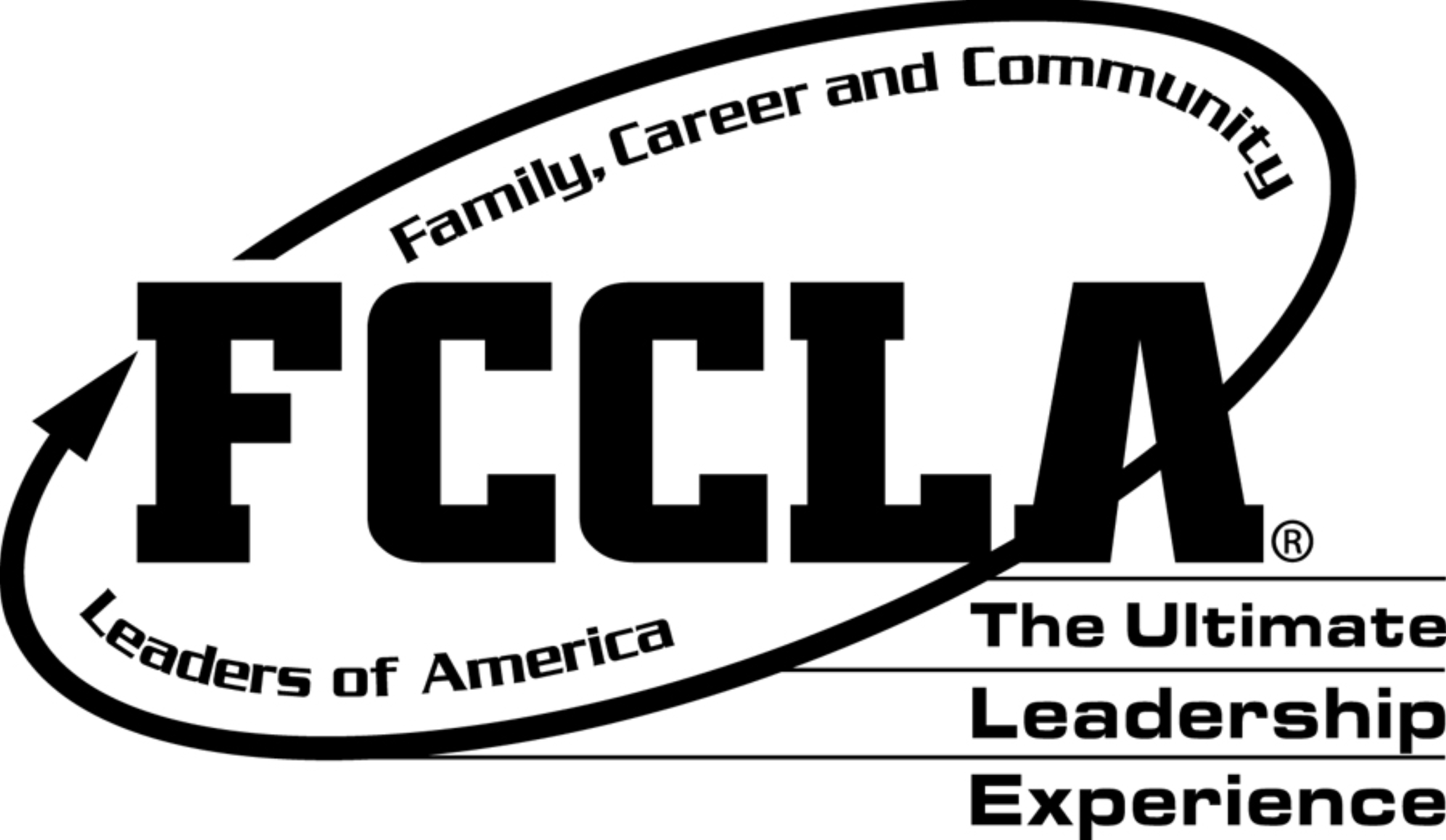
**I like the two I scanned better,**

**BUT they are not as clean a copy…**

**If you use the original two I made,**

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Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School DUE DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Must be **postmarked by March 1st** for students to qualify for national recognition)

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_\_\_\_\_\_\_\_

Starting Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Completion Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**A Better You : Improve personal traits**

**Family Ties: Get along better with family members**

**Working on Work: Explore work options, prepare for a careers, or sharpen skills useful in business**

**Take the Lead: Develop leadership qualities**

**Speak Out for FCCLA: Tell others about positive experiences in FCCLA**

****

**POWER of ONE helps YOU find and use your personal POWER!**

**YOU create a project just for YOU.**

**YOU set goals that are important to YOU**

**YOU create a plan of action to**

**achieve them.**

**Each of us has the POWER**

**to fulfill our dreams.**

**It only takes one person to make a wish come true.**

**That person is YOU!**

****

**WHO can participate in Power of One?**

* **Any state and nationally affiliated member can take part in Power of One.**

**What is a Power of One project?**

* **An individual activity you create to reach a personal goal**
* **Your goal should relate to subjects taught in Family and Consumer Science**

**classes and FCCLA activities**

* **Projects must involve in-depth effort.**

**How much time do I have to spend?**

* **You have to set a time limit with your adviser.**
* **Most goals take between 3 and 6 weeks to accomplish.**

**How do I do Power of One?**

* **Identify a personal goal**
* **Use the 5-Step Planning Process for each goal/area**
* **Meet with Adviser to go over your goals and have them approved.**
* **WORK on your GOALS**
* **Meet with your adviser when you have completed the goals**
* **Complete the *5-Unit Recognition Application* for State and Nationals**