



SMALL CHOICES, BIG POWERS

A FREE BRIGHTWOOD PRINT-AT-HOME MISSION

PROMISE TRACKER

BIG POWER: KEEPING YOUR PROMISE

Pick one promise you can keep. Follow through, then notice how trust grows.

MY NAME _____

START DATE _____

MY PROMISE _____

Make it clear and doable: what will I do, and when?

1

REMEMBER

Draw or write what will help you remember.

2

DO IT

Put a check in the box when you follow through.

☐

3

REPORT BACK

Tell the person you promised: I did it!

4

NOTICE

How did keeping your word make both of you feel?

MY PROMISE PRACTICE

Try the same promise again or choose a new one. Color a lightning bolt each time you follow through.



PROMISE 1



PROMISE 2



PROMISE 3



PROMISE 4



PROMISE 5

GROWN-UP HIGH FIVE

Praise the follow-through: You kept your word, even when something else looked more fun.