

# Small and Simple Change Assignment

This assignment will help you develop your capacity to apply the gospel into your life by making small and simple changes.

## Part 1: Developing Your Plan

**Step 1:** Mark one of the following areas that you would like to strengthen.

*Your faith in Jesus Christ*

*Your testimony of the Prophet Joseph Smith*

*Your testimony of the restoration of the gospel*

## Step 2: Identify Small and Simple Behaviors

Identify 7 small and simple behaviors (something you could do in 30-120 seconds) that would strengthen the area you identified in Step 1.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Pick one behavior that you think would be easiest to do as part of your daily life.

## Step 3: Make it Part of Your Daily Routine

Identify something in your daily life that will prompt you to do the small and simple behavior you identified in Step 3. What do you do daily that would prompt or remind you to do your small and simple behavior?

Complete the following:

After I \_\_\_\_\_, I will \_\_\_\_\_.

## Step 4: Identify a Simple Way to Celebrate

Identify a simple way to celebrate after completing your behavior. This is key to helping you change and form a new habit.

Complete the last part of your recipe for change:

After I \_\_\_\_\_, I will \_\_\_\_\_.

I'll immediately celebrate by \_\_\_\_\_.

## **Part 2: Develop Your Small and Simple Habit**

Track how many days you complete your small and simple behavior over the next three weeks. I like the app “Habits” to track my progress.

I started my plan on \_\_\_\_\_.

I completed my plan on \_\_\_\_\_.

What percentage of days did you do your small and simple habit?

## **Part 3: Describe Your Experience and Lessons Learned**

**Describe your experience.** What changes to your plan did you make? What challenges did you encounter? What positive changes did you recognize? What was your overall experience?

**Lessons learned.** What were three lessons you learned from your experience of trying to develop your small and simple habit?

## Part 4: Self-Evaluate Your Assignment

Check the “Yes” or “No” box for each item on this rubric. Save a copy of this form and upload it into Learning Suite.

	Student's Evaluation		Teacher Evaluation
	Yes	No	Points
<b>Small and Simple behavior:</b> (7 pts) Identifies a behavior they can do in 30-120 seconds.			
<b>Identifies a prompt:</b> (7 pts) Identifies something in their daily life that will prompt them to do their simple behavior.			
<b>Identifies a celebration:</b> (7 pts) Identifies a simple celebration they can immediately do after accomplishing their simple behavior.			
<b>Tracks their progress:</b> (10 pts) Provides the start and end dates (4 pts) and the percentage of days they completed their behavior (6 pts).			
<b>Describes experience:</b> (24 pts) Summarizes the experience they had by describing (1) any changes to their plan (6 pts) (2) the challenges they encountered (6 pts) (3) positive changes they saw (6 pts) (4) their overall experience (6 pts).			
<b>Lessons Learned:</b> (30 pts) Describes three lessons they learned from trying to develop their small and simple habit (10 pts per lesson described).			
<b>Completed the Student Evaluation of Assignment</b> (5 pts) Check the “Yes” or “No” box for each item on this rubric.			

The idea for and the change recipe for this assignment was taken from *Tiny Habits: The Small Changes That Change Everything* by BJ Fogg