

### Steps for completing CM's

1---top left box...Write down your CD for your first body paragraph. Make sure it is one detailed sentence about what a person can watch you do.

2---top right box...Answer these questions using one adjective that describes you. That means only one word.

3---circle bubble on the left...Write the adjective in the bubble

4---square box underneath circle bubble...Using a thesaurus, look up a synonym for the adjective you chose.

5---cloud on the left beneath the square box...Write down how that CD makes you feel, what it shows about you, why you like or dislike being this way.

6---cloud on the right beneath the square box...How does being this way affect you as a person or as an athlete?

7---lines underneath the clouds...Combine cloud bubbles into one sentence to form your CM.