My Progress
Book

My thoughts!

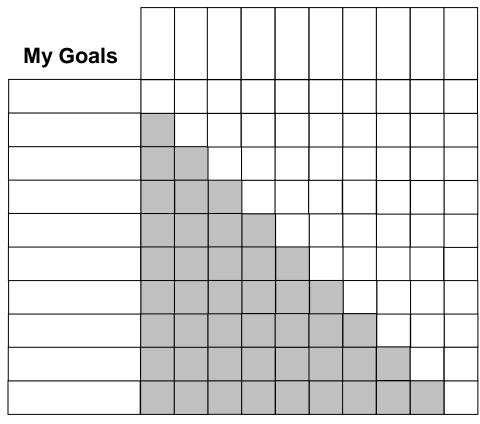


- 1. Check the bubbles for what you are really good at now. 2. Underline what you want to improve. 3. Rate your current skill level on a scale from 0 - 10 on the line to the left of the ones that you underlined. 0 1 2 3 4 5 10 Terrible Poor Average Good Great! • Expressing Anger Appropriately ____ O Making & Saving Money Making Decisions Apologizing To Others Showing Good Manners O Art • Asking For Help O Math Attending School O Memory O Bedtime Routine O Morning Routine O Behavior O Music O Building Trust O Overcoming Boredom O Dealing With Bullies O Being Patient ____ O Perseverance O Bus Safety O Knowing About Different Careers O Getting Positive Attention O Preventing Yourself From Cheating Stop Procrastinating O Complimenting Others Reading O Computers Relaxing O Responding To Put-Downs O Courage O Dealing With Death Being Responsible O Discovering Similarities With Others O Overcoming Sadness O Dealing With Divorce O Science O Helping The Environment Feeling Self-Confident O Overcoming Fears Having Self-Discipline O Dealing With Feelings O Overcoming Selfishness O Focus & Listen 100% Overcoming Shyness Getting Along With Siblings • Forgiving Others O Friendship Skills O Sleep Habits O Fun Exercises & Get Stronger O Social Studies O Healing My Sore Spots O Solving Problems With Others O Healthy Meals & Snacks Spanish O Home Safety Spelling O Homework Routine Sportsmanship O Honesty Sticking Up For Others O Internet Safety / Cyberbullying O Dealing With Stress O Overcoming Jealousy Study Skills O Learning Attitudes To Succeed O Team-Building Skills O Overcoming Loneliness O Test-Taking
- 1. Write today's date in the left box on the top row.
- 2. Write today's goal under "My Goals."
- 3. Rate yourself for your current level with today's goal.

 0 1 2 3 4 5 6 7 8 9 10

 Terrible Bad Poor Slightly Low OK Slightly Better Fair Good Great!
- 4. Rate yourself on your previous goals to monitor your progress.

Dates



O Writing

O Being Loving

Date:	Data
 Look back at the 3 suggestions from your last page. Put a check next to the behaviors that you practiced. 	Date: Pick 10 of your strengths (bubbles) that you checked showing
2. Circle the ideas that you want to keep practicing.	what you are already good at right now and write them below:
3. What is something that you want to improve now?	
 Rate yourself on your past and current goals on the last page of your Progress Book to check your progress. 	
Write down 3 specific behaviors you can practice to help you improve your goal. If you need suggestions, ask a friend, parent, teacher, or counselor. If you prefer, you can read a	
Progress Card for specific ideas that are proven to help.	What is ONE goal that you want to get better at right now?
1)	On the last page of your Progress Book, rate yourself on this goal now to compare with next time to see your progress.
2)	Write down 3 specific behaviors you can practice to get better at your goal. If you need suggestions, ask a friend, parent, teacher, or counselor. If you prefer, you can read a Progress
3)	Card for specific ideas that are proven to help. 1)
Special Updates, Comments & Questions	2)
	3)

Date:	Date:
 Look back at the 3 suggestions from your last page. Put a check next to the behaviors that you practiced. 	 Look back at the 3 suggestions from your last page. Put a check next to the behaviors that you practiced.
2. Circle the ideas that you want to keep practicing.	2. Circle the ideas that you want to keep practicing.
3. What is something that you want to improve now?	3. What is something that you want to improve now?
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1)	1)
2)	2)
3)	3)
Special Updates, Comments & Questions	Special Updates, Comments & Questions

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5

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