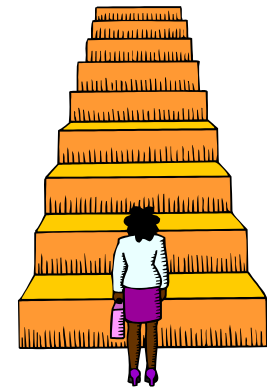


# My Progress Book

*My thoughts!*

*My goals!*



*My progress!*

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_



Date: \_\_\_\_\_

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2. Circle the ideas that you want to keep practicing.
3. What is something that you want to improve now?  
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4. 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.

- 1) \_\_\_\_\_  
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- 2) \_\_\_\_\_  
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- 3) \_\_\_\_\_  
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**Special Updates, Comments & Questions**

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Date: \_\_\_\_\_

What do you want to get better at right now? (You can look at the inside front cover for an idea if you want.)

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On the last page of your Progress Book, rate yourself on this goal now to compare with next time to see your progress.

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 Card for specific ideas that are proven to help.

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