

Self-Tracker



EXAMPLE



Place a sticker on the day you had a big feeling and did well handling it



Draw or write the feeling

Day 1

Day 8

Day 2

Day 9

Day 3

Day 10

Day 4

Day 11

Day 5

Day 12

Day 6

Day 13

Day 7

Day 14

Notes

What/who helped?

What do you need help with?