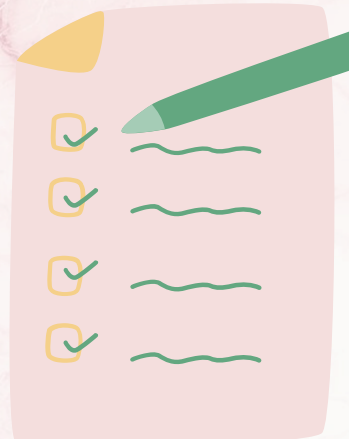


Habit Tracker

Tracking Your Growth Mindset and Coping Skills Weekly



Name: _____

Week of: _____

Weekly Habit Tracker

Check off each day you complete the habit.

Habit / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I tried something challenging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practiced self-kindness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I used a coping skill when stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reflected on my thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I stayed consistent with a goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Growth Mindset Reflection

1. One challenge I faced this week:

2. What I learned from it:

3. **How I can improve next time:**

4. **A positive thought I want to practice:**

Coping Skills Toolbox

Check the strategies you used this week:

- Deep breathing (4-7-8 or box breathing)
- Journaling my thoughts
- Taking a short walk
- Listening to calming music
- Talking to someone I trust
- Grounding exercise (5-4-3-2-1)
- Taking a break from screens
- Positive self-talk
- Stretching or movement
- Other: _____

Daily Win & Challenge

Biggest win this week:

Hardest moment this week:

How I handled it:

Weekly Reflection

What went well?

What I want to improve next week:

One thing I'm proud of myself for:

"Progress over perfection. Small steps still move you forward."