# Our week

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One good thing a day, so the hard days don't get the last word.

Name _____ Week of _____

**1**
Pick up to 3 goals and write them in plain words, like "Asks for a break."

**2**
Each evening, mark each goal: Yes, Mostly or Not today.

**3**
Write one good thing from the day. Small counts.

**4**
On Friday, read the week out loud together and count the good days.

Fill in the circle: ● Yes ◐ Mostly ○ Not today (leave it empty)

| GOALS | Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|---|
| GOAL 1 _____ | ○ | ○ | ○ | ○ | ○ |
| GOAL 2 _____ | ○ | ○ | ○ | ○ | ○ |
| GOAL 3 _____ | ○ | ○ | ○ | ○ | ○ |
| **One good thing today** Anything. "Read to me." "Shared his snack." "Asked for help." | | | | | |

## Friday

**Good days this week: _____ of 5**

A good day is one where most goals got Yes or Mostly. You decide.

**Where they started: _____ a week**

Count the good days in your first two weeks of using this chart. That's your starting point.

**Compare with where they started. Never with other kids.**

## Best moment this week

Pick one from the week and write it here. Lead with this next time someone asks how school's going.

_____

_____

_____



**Why the good days need writing down:** bad moments tend to stick in memory more than good ones (Baumeister, Bratslavsky, Finkenauer & Vohs, 2001, "Bad Is Stronger Than Good," *Review of General Psychology*). A week on paper is easier to see whole.