



My "I Can Do Hard Things" Tracker

Every mistakes help my brain grow

Name :

Week OF :

		M	T	W	T	F	S	S
1	I tried something new	☐	☐	☐	☐	☐	☐	☐
2	I kept trying when tricky	☐	☐	☐	☐	☐	☐	☐
3	I took a deep breath/reset	☐	☐	☐	☐	☐	☐	☐
4	I learned from a mistake	☐	☐	☐	☐	☐	☐	☐
5	I asked for help kindly	☐	☐	☐	☐	☐	☐	☐

Big Win OF The Week



The Hardest Thing I Tried This week :

