

# Log for Catching Fixed-Mindset Thoughts

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

*Location:* \_\_\_\_\_

*What happened?* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

*What was your fixed-mindset thought?* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

*How did you feel when this happened?* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

*What did you end up doing?* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Goal Progress Tracker

Day	What I did to move toward my goal	What I thought (including any growth-mindset thoughts)	How I felt
1			
2			
3			
4			
5			

# Strategy Tracker

Day	Strategy I used	How I felt just before using this strategy	How I felt just after using this strategy
1			
2			
3			

# Tracking My Values-Based Actions

Week of: \_\_\_\_\_

	Did I connect with someone who makes me feel good? (If yes, fill in the blanks below!)	Did I work toward a goal that matters to me? (If yes, fill in the blanks below!)	Did I enjoy an activity on my own? (If yes, fill in the blanks below!)
Day 1	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:

	Did I connect with someone who makes me feel good? (If yes, fill in the blanks below!)	Did I work toward a goal that matters to me? (If yes, fill in the blanks below!)	Did I enjoy an activity on my own? (If yes, fill in the blanks below!)
Day 2	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:
Day 3	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:

	Did I connect with someone who makes me feel good? (If yes, fill in the blanks below!)	Did I work toward a goal that matters to me? (If yes, fill in the blanks below!)	Did I enjoy an activity on my own? (If yes, fill in the blanks below!)
Day 4	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:
Day 5	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:

	Did I connect with someone who makes me feel good? (If yes, fill in the blanks below!)	Did I work toward a goal that matters to me? (If yes, fill in the blanks below!)	Did I enjoy an activity on my own? (If yes, fill in the blanks below!)
Day 6	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:
Day 7	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:	What I did:  Time of day:  For how long:  Who I was with:  How I felt afterward:

# Gratitude Letter

*Dear* \_\_\_\_\_,

*I just wanted to let you know I'm very grateful for you. I really appreciate you because*

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*You make my life better by*

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*Thank you,*

\_\_\_\_\_  
*(your name)*