

Track My Effort and Notice My Progress

Tracking effort might include:

- *Checklist*
marking off completed steps
- *Rating scale*
recording effort each day
- *Timeline*
using a calendar to show the end date and marking each day that you practice
- *Timer*
recording how much time you practiced
- *Tallies*
noting each time you managed emotions, practiced, or used a strategy
- *Journal*
regularly writing or drawing about your effort

Noticing progress might include:

- *Video or picture log*
documenting progress in a visual format to display time-lapse improvements
- *Timer*
recording how fast you complete something
- *Graph*
tracking improvement
- *Journal*
writing or drawing about your progress