My one small step

This page is for you. You can fill it in yourself, or tell a grown-up what to write.

Name _____ **Date** _____

The hard moment

A moment I want to skip because I am worried:

_____

My steps

1. I notice a moment I want to skip because I am worried.
2. I tell my grown-up what I am worried will happen.
3. We pick one small step I can take anyway.

   If I can't take the step, we make it smaller once. If I still can't, that's okay. We stop for today and try again tomorrow, and I circle Not yet.
4. I take that one small step, even if I still feel worried.
5. Afterward, my grown-up and I check. Did I take my one small step?

Name _____ Date _____

My check

Each day, write your step, then circle one.

When my grown-up and I circle the same answer three days in a row, I start checking on my own. Only days I took my step count toward those three days. A day with no step is skipped. Only a day when our answers don't match starts the count over.

Day 1. My step: _____

Did I take my one small step? ◯ Yes ◯ Almost ◯ Not yet

Day 2. My step: _____

Did I take my one small step? ◯ Yes ◯ Almost ◯ Not yet

Day 3. My step: _____

Did I take my one small step? ◯ Yes ◯ Almost ◯ Not yet

Day 4. My step: _____

Did I take my one small step? ◯ Yes ◯ Almost ◯ Not yet

Day 5. My step: _____

Did I take my one small step? ◯ Yes ◯ Almost ◯ Not yet

☐ **All done**