

MY RESCUE KIT WINS

Instructions: Print this form. Every time you use a tool from the Executive Function Rescue Kit and it helps (even a little), write it down. This will help your brain to see proof that this is working, and that YOU CAN reach your goals.

Date	I was stuck on...	Tool I used	What happened
_____	_____	_____	<input type="checkbox"/> Got unstuck <input type="checkbox"/> Made progress <input type="checkbox"/> Felt better
_____	_____	_____	<input type="checkbox"/> Got unstuck <input type="checkbox"/> Made progress <input type="checkbox"/> Felt better
_____	_____	_____	<input type="checkbox"/> Got unstuck <input type="checkbox"/> Made progress <input type="checkbox"/> Felt better
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_____	_____	_____	<input type="checkbox"/> Got unstuck <input type="checkbox"/> Made progress <input type="checkbox"/> Felt better
_____	_____	_____	<input type="checkbox"/> Got unstuck <input type="checkbox"/> Made progress <input type="checkbox"/> Felt better

MY FAVORITE TOOL (the one that helped most and why):

