

SOCIAL SKILLS DEVELOPMENT

Weekly Habit Tracker

Name: _____ Week Starting: _____

SOCIAL HABIT FOCUS	M	T	W	T	F	S	S
Active Listening (No Interrupting)							
Maintaining Eye Contact							
Giving a Sincere Compliment							
Asking Open-Ended Questions							
Practicing Mindful Body Language							
Initiating a Conversation							
WEEKLY REFLECTION & OBSERVATIONS							