

SOCIAL SKILLS PROGRESS

Week of: _____

TARGET SKILL	MON	TUE	WED	THU	FRI	SAT	SUN
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Active Listening
Eye contact & nodding

**Initiating
Conversation**
Greeting or small talk

**Emotional
Regulation**
Pause before responding

Showing Empathy
Validating others' feelings

Clear Expression
Using "I" statements

REFLECTION & NOTES

Personal Growth Template – Focus on Progress, Not Perfection