



# POSITIVE CHECKLISTS & ACTIONS TO TRY

EF Skill Practice:  
Self-Awareness &  
Self-Monitoring

## SELF-AWARENESS BUILDING CHECKLIST (DAILY PRACTICE)



### MORNING ACTIONS:

- Rate your energy (1-10) before getting out of bed
- Name one emotion you're feeling right now
- Set one intention for how you want to show up today

### THROUGHOUT THE DAY:

- Pause and take 3 deep breaths before a hard conversation
- Notice when you're getting overwhelmed before you melt down
- Check in with your body: shoulders? Jaw? Breathing?

### EVENING ACTIONS:

- Name one moment you're proud of from today
- Identify one "oops" moment - without judgment, just noticing
- Write down (or share) one thing you learned about yourself today



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## QUICK ACTIONS WHEN YOU NOTICE YOURSELF STRUGGLING



### FOR KIDS:

1. **Name it:** "I'm feeling frustrated."
2. **Locate it:** "My chest feels tight."
3. **Choose one:**
  - Take 5 deep breaths
  - Get a drink of water
  - Ask for help

### FOR TEENS:

1. **Pause:** Stop what you're doing for 10 seconds
2. **Notice:** "What am I feeling? Where is it in my body?"
3. **Choose:**
  - Step away for 2 minutes
  - Text a trusted person
  - Write it out in your phone notes

### FOR ADULTS:

1. **Name it out loud:** "I'm overwhelmed right now."
2. **Give yourself permission:** "It's okay to feel this."
3. **Choose your next move:**
  - Take a 5-minute break
  - Ask for what you need
  - Revisit the situation in 10 minutes