

# MY BEHAVIOR JOURNAL

DATE: \_\_\_\_\_

**DID I REACH MY BEHAVIOR GOALS FROM YESTERDAY?**

**YES** (AWESOME JOB!!)

**NO** WHAT KEPT ME FROM REACHING MY GOALS?

**GOOD BEHAVIOR THAT I DISPLAYED TODAY:**

**POOR CHOICES THAT I MADE TODAY:**

**HOW DID THESE CHOICES AFFECT MYSELF AND OTHERS?**

**MY BEHAVIOR GOALS FOR TOMORROW:**

**WHAT DO I NEED TO DO TO REACH THESE GOALS?**



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