

# SEVEN KEYS TO SUCCESS

## 1. Classroom

This week I was good at turning in my class work

## 2. Homework

This week I was good at turning in my homework

## 3. Memory

This week I used memory tools to remember important things:  
(flashcards, pictures, writing, saying out loud)

## 4. Calming

This week I was good at calming myself when I was angry or worried:  
(Safe Place, Keep Kool Tunes, Self-talk).

## 5. Encouraging

This week I was encouraging and helpful to myself and others.

## 6. Healthy Eating

This week I made healthy choices about what I ate

## 7. Exercise

This week I got plenty of exercise.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
2	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
3	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
4	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
5	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
6	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
7	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼

Ready for Success Skills

Circle the up triangle (▲) if you rate the RES Skill as in a good range or showing improvement for this past week.  
Circle the down triangle (▼) if you rate the RES Skill as not in a good range this past week.