

Kid-Friendly Year-End Growth Checklist

Use this checklist to notice your wins, build confidence, and choose one gentle goal for 2026.

Name: _____ Date: _____

Grown-Up helper (optional): _____

How to use this page

- Put a check next to anything you did this year (even if it felt small).
- Circle your TOP 3 proud moments.
- Write one sentence about what helped you do it.

1) Brave Tries (trying new or hard things)

- ☐ I tried something new (a game, activity, food, sport, club, or skill).
- ☐ I kept going even when I felt nervous.
- ☐ I practiced something until I improved.
- ☐ I asked for help when I needed it.
- ☐ I recovered from a mistake without giving up.

What helped me be brave? _____

2) Friendships & Social Wins

- ☐ I started a conversation with someone new.
- ☐ I made a friend (or strengthened a friendship).
- ☐ I joined a group activity even if I wasn't sure I'd fit in.
- ☐ I used a coping skill when I felt left out or upset.
- ☐ I apologized or repaired a problem with someone.
- ☐ I showed kindness to someone who needed it.

A friendship win I'm proud of: _____

3) Executive Function Wins (brain skills for getting things done)

- ☐ I used a checklist, planner, or reminders to help me remember.
- ☐ I broke a big task into smaller steps.
- ☐ I started a task without waiting for the “perfect mood.”
- ☐ I organized something (backpack, desk, room, notes, email, locker).
- ☐ I practiced time skills (estimated time, set a timer, planned ahead).
- ☐ I finished something I started (homework, project, hobby, chore).
- ☐ I paused and tried a strategy when I felt stuck (take a breath, ask for help, take a short break).

One strategy that worked for me: _____

4) Self-Confidence Builders

- ☐ I noticed something I’m good at (a strength, talent, or interest).
- ☐ I told myself a helpful thought (not a mean one).
- ☐ I practiced being kind to myself after a rough day.
- ☐ I did something that matters to me (values: honesty, creativity, loyalty, courage, fairness).
- ☐ I celebrated progress, not perfection.

Three strengths I want to remember:

1) _____ 2) _____

3) _____

5) My Top 3 Proud Moments

1) _____

What helped: _____

2) _____

What helped: _____

3) _____

What helped: _____

6) A Gentle Goal for 2026 (small + specific)

Pick ONE goal that you can practice most weeks. Make it:

- Small enough to start this week
- Specific (what will you do?)
- Supported (who/what will help?)

My 2026 goal: _____

When will I practice it? (days/times): _____

My helpers/tools: _____

How I'll know it's working: _____

7) Celebration Plan

- ☐ I will share one proud moment with someone I trust.
- ☐ I will do a small celebration (favorite snack, game, walk, music, drawing, high-five).
- ☐ I will save a "proof" of my growth (photo, note, certificate, screenshot, journal page).

My celebration idea: _____

Reminder: Growth can be quiet. If you tried, practiced, or kept going, it counts.