Tackling My Tactics

On a scale of 1 to 10 mark how open or closed you are to tackling your tactics and stopping them today.
1 = completely closed 10 = wide open.

1	2	3	4	5	6	7	8	9	10
closed									o p e n

In your thinking journal below, explain your mark on the scale above.

Thinking Journal ***Date***

List any tactics you used today and the situation. In the second column write what you will do different to stop the tactics next time.

Tactics I Used Today	***Next Time I Will***

Write about your positive action today. Did you stop yourself from using tactics? Did you help someone?

My Positive Actions Today

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