

Intentional Speech Practice

Day Week of	Goal: What will I practice?	Results: How did I do?	+ / - Thinking.....
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Day Week of	What was I feeling?	What will I do differently next time?	New way of thinking
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			