

scrappy girl project

Emotional Agility Tracker

Week	Goal	Specific Practice	Frequency	Daily Progress	Reflection
Week 1	Define what resilience and emotional agility mean to you.	1. Mindfulness meditation (e.g., 10 minutes daily) 2. Journaling thoughts/emotions	Daily		How do you feel after each practice? Any challenges or insights?
Week 2	Develop self-awareness and emotional regulation.	1. Practice deep breathing exercises 2. Reflect on emotional triggers	3-4 times per week		Have you noticed changes in how you respond to stress?
Week 3	Build mental flexibility and adaptive thinking.	1. Engage in problem-solving activities (e.g., puzzles, strategic games) 2. Reframe negative thoughts	3-4 times per week		Are you finding it easier to adapt to challenges?
Week 4	Strengthen connections and seek support.	1. Reach out to a supportive friend or mentor 2. Participate in a community or group activity	1-2 times per week		How has connecting with others impacted your resilience?

Instructions for Use:

- **Goal:** Set a specific goal for each week related to resilience and emotional agility.
- **Specific Practice:** List the activities or practices you'll engage in to achieve your goal.
- **Frequency:** Note how often you'll do each practice (e.g., daily, 3-4 times a week).
- **Daily Progress:** Track your completion of the practices each day with a checkmark or short note.
- **Reflection:** At the end of the week, reflect on your progress, noting any challenges, insights, or changes you've experienced.