



# DAILY CHECKMARK JOURNAL

Name: \_\_\_\_\_

*"I Am Doing the Right Things Everyday"*

Date: \_\_\_\_\_

**Attitude** – Being positive, trying your best and then some, find the lesson in any setback or problem.

☐ I have **given my best and then some** in the activities I participated in, identified the positives and found those lessons that can be learned from any difficulties I encountered.

\*\*\*\*\*Required to Earn any Checkmarks this Day\*\*\*\*\*

**+2 (+1 for intentional effort and action and +1 for above and beyond effort for creativity.)**

**Be Kind to Brother** – Write your best intention, at the beginning of the day, of Showing Kindness or Sharing Experience to your brother for today.

**+2 (+1 for intentional effort and action and +1 for above and beyond effort for creativity.)**

**Be Kind to Others** – Write your best intention, at the beginning of the day, to Contribute to others through a selfishness act of kindness, sharing or teaching.

**+1 Gratitude** – List five significant & positive experiences that you are grateful for from today.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_

**+1 Learning** – Share something new that you learned that is useful to yourself and you can teach to others.

**+1 Healthy Habits** – ☐ Ate only healthy snacks (vegetables/fruits) in between meals & no sweet drinks.

**+1 Healthy Habits** – ☐ Exercised for at least 30 minutes of cardio-type activity after school or during day.

**+1 Perfect Diction Day** – ☐ Obtained a perfect day without slang & speaking appropriately to adults.

**+2 (+1 for preparation and +2 for fully-completed home responsibilities)**

**Responsibility** – Getting Up, Being Prepared for School, Completing Homework, Going to Bed On-Time.

☐ I was **prepared** for school/my day on my own by completing my homework/assignments, prepared for bed and went to bed on-time. ☐ I **fully-completed** my home responsibilities on my own.

**+2 (+1 for normal effort and +2 for great effort – "my best and them some" especially with adults)**

**Respect** – Listening to parents, teachers and adults without talking-back or whining.

☐ I was **respectful to all** by listening attentively, communicating politely and following the "golden rule". I was especially polite and appropriate when among adults and set the right example for others.

## 8 Family Values



**Attitude – Gratitude – Honesty – Loyalty – Peaceability – Respect – Tolerance - Understanding**

**Being Intentional offers one the opportunity to:**

- 1. Be Proactive -**
- 2. Begin with the End in Mind -**
- 3. Put First Things First -**
- 4. Think Win-Win -**
- 5. Seek first to Understand and then to be Understood -**

**Intentional Brotherly Acts of Kindness (examples):**

1. Write a thank you note to your brother for something you appreciate or are grateful for.
2. Build or make a gift of appreciation for your brother.
3. Help your brother with a project or task they are working on.
4. Make your brother a meal or snack.
5. Help your brother with a house chore or task.
6. Invite your brother to participate in a sports activity.
7. Build something together like legos, puzzle, model or the like.
8. Plan a good deed for another together and get double intentional checkmarks.
9. Offer assistance to encourage a good or healthy habit to your brother.
10. Plan a celebration or celebrate together a success or accomplishment of your brother.
11. Recognize or promote a good deed accomplished by your brother.
12. Help your brother study for a quiz or exam.
13. Invite your brother to a movie and pay with your checkmarks.
14. Lend your brother something you hold dear to use for a period of time.
15. Help cheer up your brother if he is struggling with a problem or issue.
16. Encourage your brother to do the "right thing".

**Intentional Acts of Kindness for other (examples):**

1. Write a thank you note for something you appreciate or are grateful for.
2. Build or make a gift of appreciation for another.
3. Volunteer for a community project or to assist with one.
4. Make or buy a meal or snack for another.
5. Help someone with a chore or task.
6. Plan to perform a random act of kindness on a given day.
7. Plan a good deed for another.
8. Offer your assistance to encourage a good or healthy habit.
9. Recognize or promote a good deed accomplished by another.
10. Plan to help someone study for a quiz or exam.
11. Invite another to a movie or event with your checkmarks.
12. Plan to listen to another to understand before being understood.
13. Seek to encourage another to do the "right thing".
14. Plan on doing something for the household without being asked.
15. Plan to notice someone is having a tough day and offer to listen and support.