

# LOOK HOW I'M GROWING

Growth includes the steps I take along the way

## TODAY, I...

☐ Started

☐ Tried

☐ Waited

☐ Made a choice

☐ Completed another step

☐ Noticed what went wrong

☐ Stayed with it

☐ Tried another way

☐ Changed my plan

☐ Asked for help

☐ Tried again

☐ Finished what I could

## PAUSE AND REFLECT

- What felt easier today?  
\_\_\_\_\_
- What did I do with less help?  
\_\_\_\_\_
- What did I notice on my own?  
\_\_\_\_\_
- How did I respond when something changed?  
\_\_\_\_\_
- What would I like to try next time?  
\_\_\_\_\_

**Growth can be found in my effort, awareness, choices, and recovery.**





## How to Use This Visual

Use the Look How I'm Growing visual to help individuals recognize progress that may be missed when success is measured only by completing a task perfectly or independently.

The visual can be used after a task, activity, difficult moment, or practice opportunity at home, school, work, or in the community.

### Begin With the Checklist

Invite the individual to review the Today, I... statements and check any actions that describe what they did.

They may check more than one:

- Started: I began the task or activity.
- Tried: I made an attempt, even if I did not finish.
- Waited: I gave myself or someone else time.
- Made a choice: I selected what to do or how to begin.
- Completed another step: I did more than I had done before.
- Noticed what went wrong: I recognized a mistake, problem, or unexpected change.
- Stayed with it: I remained involved when something felt difficult.
- Tried another way: I used a different strategy.
- Changed my plan: I adjusted when the original plan did not work.
- Asked for help: I communicated that I needed support.
- Tried again: I returned to the task after a mistake or challenge.
- Finished what I could: I completed the parts that were manageable.

The individual does not need to check every box. One checked box can represent meaningful growth.

### Pause and Reflect

Use one or more reflection questions based on the individual's communication style, needs, and the situation:

- What felt easier today?
- What did you do with less help?
- What did you notice on your own?
- How did you respond when something changed?
- What would you like to try next time?

The individual can answer by speaking, writing, drawing, pointing, selecting a picture, or using another communication method.





## Keep the Conversation Supportive

Avoid turning the visual into another demand or evaluation. The goal is to help the individual notice their own effort and developing skills.

Adults can offer specific feedback such as:

- “You started without a reminder.”
- “You noticed what went wrong.”
- “You tried another way.”
- “You asked for the help you needed.”
- “You stayed with it when the plan changed.”

## Use It Over Time

Use the visual regularly to notice patterns in growth.

Over time, it may help identify:

- Skills that are becoming easier
- Areas where the individual needs less support
- Strategies that help when something goes wrong
- New skills the individual wants to practice

The goal is to recognize growth in effort, awareness, choices, communication, flexibility, and recovery, not only in perfect results.

