WORKSHEET **My Pocket Reminder Card**

Fill in the card, cut it out or copy it onto an index card, and keep it with your lucky object, or in its place.

My lucky object: _____

The job it does for me (protect, prepare, belong, remember): _____

Evidence line 1 (something I practiced): _____

Evidence line 2 (something I know I can do): _____

Evidence line 3 (something that went well before): _____

When I touch it, I will: _____

If I don't have it, my cue is: _____

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