



Victory Chart Template

Because every step forward—big or small—is worth celebrating

How to Use It

- Choose a focus area (life skills, emotional growth, school goals, social wins)
- Track victories daily, weekly, or as they happen
- Use stickers, stars, doodles, or words to mark each win
- Celebrate effort, not just outcomes
- Include space for reflection and encouragement

Layout Example

Date	Victory / Win	How I Felt 	What Helped Me 	Notes / Next Step 
Sept 29	Asked for help at school	Proud, nervous	Practiced with mom	Try again tomorrow
Sept 30	Tried a new food	Curious, unsure	Visual menu, calm space	Add to “foods I like” list
Oct 1	Finished homework without reminders	Focused, accomplished	Quiet corner, checklist	Celebrate with a sticker!
Oct 2	Used calm-down strategy during meltdown	Tired, proud	Breathing, fidget toy	Share with teacher

💛 Optional Add-Ons

- "Victory Jar": write wins on slips of paper and collect them
- "Weekly Win Scroll": decorate with drawings or affirmations
- "Effort Tracker": color in stars for trying, even if it didn't go perfectly
- "Victory Dance Cards": silly celebration prompts for each milestone

🏆 Victory Jar Slips

✂ Slip Format (Fill-in-the-Blank Style)

💛 Pre-Filled Slip Examples

🎉 I asked for help when I felt overwhelmed

💬 I felt nervous, then relieved

💡 What helped me: practicing with my mom

☀ I'm proud because I didn't shut down

📅 Date: _____

🎉 I tried a new food at lunch

💬 I felt curious and brave

💡 What helped me: seeing it on my visual menu

☀ I'm proud because I didn't say "no" right away

📅 Date: _____

🎉 I used my calm-down strategy during a meltdown

💬 I felt tired but proud

💡 What helped me: breathing and my fidget toy

☀ I'm proud because I didn't give up

📅 Date: _____

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