



# Mission Plan Practice Log

Keep track of your mission practice progress.

Date	Mission Plan Practice Activity	Reward	Anxiety Scale Rating 0-10 OR Easy   Medium   Hard			Did you learn anything new?  For example: did it go better than you thought it would? Was it easier than you expected? Did it get easier the more you did it? Did you get to do anything fun because of it?
			BEFORE	DURING	AFTER	
May 1st, 2022	Sit next to Rita at Lunch	Watch Saturn video on the way home from school	6	7	5	I was very hesitant at first. I thought Rita would leave the table and I would be embarrassed in front of everyone. But, Rita actually said hi and we talked about different things together. Plus, I got to watch a video that I really like on my way home.
May 2nd, 2022	Ask Rita if she wants to work on a group project with me	Have a family movie night	6	6	4	It was way easier than I expected, because we already talked to each other the day before at lunch. Rita said she was actually going to ask me whether I want to work with her.
May 3rd, 2022	Ask Rita to borrow a pencil	10 extra minutes of screen time	5	7	6	She did not have an extra and I did not know what to say after. But nothing really bad happened and I am proud of myself for asking anyways.