

# List of Positive Behaviors

Positive behavior	Description
<b>1. Active participation</b>	Engaging fully in activities and discussions, contributing ideas and opinions during group interactions.
<b>2. Punctuality</b>	Arriving on time for appointments, classes, and commitments, demonstrating respect for others' time.
<b>3. Task completion</b>	Consistently finishing assignments and tasks accurately and on time, and showing responsibility.
<b>4. Empathetic responses</b>	Expressing understanding and compassion towards others' emotions, actively listening and responding with empathy.
<b>5. Collaborative effort</b>	Actively participating in group projects, sharing responsibilities, and working collectively towards shared goals.
<b>6. Truthful communication</b>	Providing accurate and honest information in conversations, building trust through transparent and open communication.
<b>7. Task focus</b>	Demonstrating concentration and staying on task during academic and recreational activities, promoting productivity.
<b>8. Appreciation expressions</b>	Verbally expressing gratitude and appreciation for the efforts and contributions of others, fostering a positive atmosphere.
<b>9. Resilient problem solving</b>	Approaching challenges with a positive mindset, persistently seeking solutions, and learning from setbacks.
<b>10. Goal-specific efforts</b>	Making specific efforts towards achieving personal and academic goals, demonstrating commitment and determination.
<b>11. Time management prowess</b>	Efficiently organizing and allocating time for various activities, balancing academic, leisure, and self-care commitments.
<b>12. Attentive listening</b>	Actively listening to others without interruption, demonstrating understanding and validation through appropriate responses.
<b>13. Openness to diverse ideas</b>	Displaying an open mind towards diverse perspectives, welcoming different ideas and opinions with tolerance and respect.
<b>14. Regular self-reflection</b>	Engaging in regular self-evaluation, identifying areas for improvement, and setting goals for personal development.
<b>15. Constructive communication</b>	Demonstrating awareness and focus in the present moment, reducing stress and enhancing concentration in various activities.
<b>17. Supportive team dynamics</b>	Encouraging and assisting peers, fostering a sense of unity and collaboration within groups or teams.
<b>18. Proactive initiative</b>	Taking the lead in identifying and addressing needs or opportunities, demonstrating a proactive and self-driven approach.
<b>19. Adaptive coping strategies</b>	Flexibly adjusting to new situations and changes, displaying resilience and a positive attitude during challenging times.
<b>20. Sharing and giving</b>	Actively sharing time, resources, and kindness with others, contributing to a culture of generosity and community support.

# List of Positive Behaviors

Client's full name: \_\_\_\_\_ Date: \_\_\_\_\_

Positive behavior	Observed?	Remarks
1. Active participation	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2. Punctuality	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3. Task completion	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4. Empathetic responses	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5. Collaborative effort	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6. Truthful communication	<input type="checkbox"/> Yes <input type="checkbox"/> No	
7. Task focus	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8. Appreciation expressions	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9. Resilient problem solving	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Positive behavior	Observed?	Remarks
10. Goal-specific efforts	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11. Time management prowess	<input type="checkbox"/> Yes <input type="checkbox"/> No	
12. Attentive listening	<input type="checkbox"/> Yes <input type="checkbox"/> No	
13. Openness to diverse ideas	<input type="checkbox"/> Yes <input type="checkbox"/> No	
14. Regular self-reflection	<input type="checkbox"/> Yes <input type="checkbox"/> No	
15. Constructive communication	<input type="checkbox"/> Yes <input type="checkbox"/> No	
16. Mindful behavior	<input type="checkbox"/> Yes <input type="checkbox"/> No	
17. Supportive team dynamics	<input type="checkbox"/> Yes <input type="checkbox"/> No	
18. Proactive initiative	<input type="checkbox"/> Yes <input type="checkbox"/> No	
19. Adaptive coping strategies	<input type="checkbox"/> Yes <input type="checkbox"/> No	
20. Sharing and giving	<input type="checkbox"/> Yes <input type="checkbox"/> No	