

# Build Your Own Worksheet Template

(for clinicians, educators, or supervisors creating session tools)

Worksheet Title:

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## Purpose of the Worksheet

What goal does this worksheet serve? (e.g., skill building, reflection, behavior tracking, emotion regulation)

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## Client Skill or Concept Targeted (Check all that apply)

- ☐ Emotional Awareness
- ☐ Stress Management
- ☐ Goal Setting
- ☐ Communication Skills
- ☐ Coping Strategy Practice
- ☐ Other:

## Interactive Elements to Include (Check what you want to build into it)

- ☐ Rating Scale (1–10)
- ☐ Journaling Prompt
- ☐ Reflection Question
- ☐ Visual Organizer / Flowchart
- ☐ Drawing / Creative Exercise
- ☐ Goal Tracker / Habit Log

- ☐ Scenario-Based Practice
- ☐ Fill-in-the-blank Activity
- ☐ Other:

## Layout & Structure

How many sections? How much space is needed?

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## Tone & Accessibility

- ☐ I'm using clear, plain language
- ☐ I've kept instructions short and specific
- ☐ Tone is strengths-based and supportive
- ☐ I've matched cognitive level or stage of change
- ☐
- ☐

## Optional Follow-Up

Include a reflection or "what to do next" space?

- ☐ Yes → Describe:
- ☐ No → Why:

## Peer Review

Have you tested it or asked for feedback?

- ☐ Yes
- ☐ No → Plan to test with: