

Authentic Individual: *I am true to myself, my personality, values, beliefs, and principles.*

- Seek opportunities to bring my unique gifts to the world
- Explore personal dreams and passions
- Speak opinions honestly in a healthy, respectful way
- Demonstrate actions that match words, beliefs, and values
- Nurture my mind, body, and emotional health



Describe your project/task. What did you learn? What is something you are proud of?

What obstacles or challenges did you encounter? How did you handle them or adjust your plans?

How have you grown as an Authentic Individual? What have you learned from this project/task that you can use in other situations?

Is there a way I could improve my results or actions in the future?