

Name _____ Grade Level _____ Period _____ Cycle Day _____

What are you most proud of from the first half of this school year?
(Think about: classes, grades, friends, family, sports, music, art...etc.)

Describe an aspect of life that was particularly challenging for you during the first half of this school year. (Think about: classes, grades, friends, family, sports, music, art...etc.)

Describe 3 positives in your life currently. What makes you smile?
(Think about: teachers, classes, grades, friends, family, sports, music, art, hobbies...etc). List them in the stars.



Reflect on these different areas of your life. Rate each area with a on a scale of 1-5 (where 1 is needs improvement, and 5 is successful).

Organization of school materials	1	2	3	4	5
Completing homework/studying	1	2	3	4	5
Being prepared for classes	1	2	3	4	5
Respect for teachers/adults	1	2	3	4	5
Respect for peers	1	2	3	4	5
Positive social interactions	1	2	3	4	5
Eating a healthy/balanced diet	1	2	3	4	5
Exercising	1	2	3	4	5
Positive Outlook/Growth Mindset	1	2	3	4	5
Positive Self Image/Confidence	1	2	3	4	5

Describe yourself in 3 words:

In this new year, describe 2-3 small changes you could make in your life to better yourself. Think about your goals. How can you achieve these?

Favorite Motivational Quote:

