



Challenge Reflection *Self-Management*

Name:

Challenge:

Check off all the statements that apply to your work today!

- ☐ I was organized.
- ☐ I took good care of the materials and cleaned up.
- ☐ I didn't give up. I kept trying.
- ☐ I took some risks or chances and tried new things
- ☐ I stayed calm and in control of myself, even when I was frustrated.
- ☐ I was keen and energetic.
- ☐ I finished my challenge, even if it wasn't perfect.

What did you do really well today?

What do you do to do better next challenge?

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