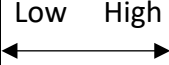
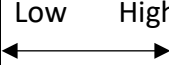
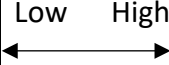
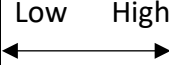
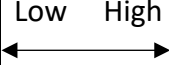
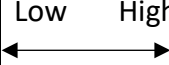
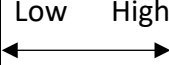
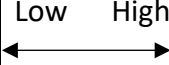
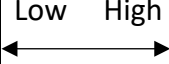
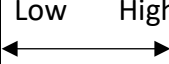
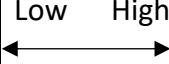


Evaluating Your Efforts

To complete this activity, think of at least three challenging activities/tasks/goals that you've worked on recently (these can be from school, a job, sports/extracurricular activities, or your personal life). Write a brief description of the activity/goal in the first column and then draw a mark on the arrow in the Plan, Monitor, Adjust, and Reflect columns that represents how high you would rate your use of each component in that situation. Then use the last two columns to write a sentence or two about what you did well in that situation and what you could improve the next time you encounter a similar situation.

Activity/ Goal	Plan	Monitor	Adjust	Reflect	What did I do well?	What can I improve?
	Low High 	Low High 	Low High 	Low High 		
	Low High 	Low High 	Low High 	Low High 		
	Low High 	Low High 	Low High 	Low High 