

Name: _____ Grade: _____

Date: _____ Period: _____

My Accomplishments

- I. **Written Reflection:** What single milestone in your life to this point shows how much you have matured? Describe the milestone and tell how it shows you have grown.

- II. **Activity:** Think about your accomplishments and list them below. Be sure to include your school life, but also mention accomplishments outside of school.

1. List something you accomplished today:

2. List something you accomplished this week:

3. List something you accomplished this month:

4. List something you accomplished this school year:

5. List something you learned today:

6. List something you learned this week:

7. List something you learned this month:

8. List something you learned this school year:

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Owning My Feelings

- I. **Written Reflection:** Accomplishments often provoke feelings in us. What do you feel when you think about your greatest accomplishment this year? Describe the accomplishment and the feeling.

- II. **Activity:** Trying to understand ourselves and studying our beliefs can help us understand our reactions and feelings. Complete the statements below about what causes certain emotional responses in you.

1. I feel proud when...
2. I feel important when I...
3. I'm not afraid to...
4. I feel appreciated when...
5. I feel bored when I...
6. I am irritated when...
7. I get angry when...
8. I am embarrassed when...
9. I am afraid when I...
10. I am shy when I...