Reflection

Use this section with your FT weekly as we go through the school year.

	What are some situations where I was **proud of myself** for showing these values, and why?	What are some situations where I **could have done better** in showing these values, and why?
Integrity Do my actions and words reflect the best self I can be (even when no one is watching)?		
Adaptability How can I adjust to this challenge to make the best of a tough situation?		
Independence Is there something I could try before I ask for help?		

