

## Muscles and Tussles Chart

List your strengths (those practices you feel confident about); these are your muscles. Then, list areas you need to improve or build confidence in; these are your tussles. After you list your muscles and tussles, return to the chart and ask yourself, "If someone asked me why I felt [this] was a strength (or weakness), what would I say?"

<b>Muscles</b> What are my strongest attributes as a teacher?	<b>Tussles</b> What are some underdeveloped areas in my teaching practice that I need to focus on?