

MOTIVATE: REFLECTION LOG

This tool supports you as you develop the self-awareness that will help you understand what motivates you and how the work of this class connects to your greater purpose.

- Log an entry each time you get stuck, feel your movement slowing or stopping, or don't meet your goals. Your teacher may offer observations about times when this has happened.
- When logging emotion, include a word from your emotional literacy tool that describes a strong emotion you felt during class today.
- When logging identity, include an element of your identity (a group membership, belief, value, interest, experience, or strength) that you noticed during class today..
- When logging resistance level, 1 = no resistance (there was nothing in the way of me reaching my goals) and 5 = complete resistance (reaching my goals felt impossible).
- When logging self-assessment, SD = strongly disagree; D = disagree; N = neither agree nor disagree; A = agree; SA = strongly agree.
- If you don't feel ready to log an entry in the moment you are feeling stuck, slow, or stopped, log it later. It is good practice to return to a hard time once it has passed and reflect on what happened. This process is meant to support your growth while also reminding you to celebrate yourself.
- As you complete this log, use and revise your strategy bank to ensure it accurately reflects your current struggles and the strategies that allow you to leverage your strengths and move through those struggles.

Motivate (v.)—to get oneself moving in a desired direction

Name: _____

Date	Collective Goal	Individual Goal	Emotion	Identity	Resistance Level (1–5)	Self-Assessment (Explain your assessment.)
9/15	Use a model to show light/material.	Use my resources.	Engaged. I like hands-on work.	A strong student	3	SA