

PERSEVERE: REFLECTION BOOKMARK

Cut out the bookmark. Lay it in your journal to see the prompts as you respond to these reflection questions throughout the unit. Record the date above each entry. You may use the “Reflection Sentence Stems” to support your responses.

Start of Class	End of Class
GOALS AND MOTIVATION	SELF-ASSESSMENT AND SELF-LOVE
<i>Collective Goal</i> What are we all working toward?	How much do you agree with the following statement? <i>I made progress toward these goals today.</i> Explain your choice. Celebrate your successes in staying motivated.
<i>Individual Goal</i> Consider feedback from others. What motivates you to work toward these goals?	
STRENGTHS, STRUGGLES, AND STRATEGIES	
<i>Anticipated Resistance</i> What do you anticipate will be a challenge? What can you plan to do to counteract that anticipated challenge?	<i>Actual Resistance</i> What resistance did you actually experience when moving toward your goal? What was happening? Why do you think it happened? How did you feel? What did you do? If you tried a strategy, what did you try? What was the result? What strengths did you show during class? Was there a moment you were making progress toward your goal? Why do you think that was? What could you do in a similar situation? Plan a small, specific action step you could try in the next few days. Tell your accountability partner your plan.