

REFLECTION SENTENCE STEMS

Use the following reflection sentence stems to support responses.

Goal: <i>I will communicate as a leader today by...</i>
Motivation
<p>This goal is important to me because ...</p> <p>It is important to me that I achieve this goal because ...</p> <p>I am committed to achieving this goal because ...</p>
Struggles
<p>A challenge I anticipate facing is ...</p> <p>It will be challenging for me to achieve this goal because ...</p> <p>A tendency of mine that might get in the way is ...</p> <p>Something that will slow my progress toward my goal is ...</p>
Strategies <i>(Consider strengths you can leverage.)</i>
<p>One strategy I will try is ...</p> <p>A strategy that has worked for me in similar situations in the past is ...</p> <p>Yesterday, I tried _____ and the results were _____. After reflecting on the data, I will try ...</p> <p>If I face the challenge I anticipate, I will try ...</p> <p>I know I do well with _____, so I can try ...</p>