

### Self Evaluation

Rate yourself in the categories below. Use the 3, 2, 1 scale.

**3= Always 2=Sometimes 1=Never**

#### Mindfulness

I was thoughtful in my work

I focused on just the task at hand

I avoided distractions

I refrained from distracting others

#### Preparation

I came prepared for class every day with all necessary materials

I stayed organized during class

I had a growth mindset throughout class

#### Classwork/Homework

I worked diligently throughout class

I joyfully helped others when I was needed

I completed all classwork on time

I completed all homework on time

I completed my agenda/checklist daily

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