Day 1

My View of Me

Answer the statements below by circling how much you agree with each one.

	Really Disagree			Somewhat Agree	Really Agree
1 I am smart	1	2	3	4	5
2 I am talented	1	2	3	4	5
3 I am active	1	2	3	4	5
4 I am popular	1	2	3	4	5
5 I am happy	1	2	3	4	5
6 I am kind	1	2	3	4	5
7 I am a good friend	1	2	3	4	5
8 I am a good student	1	2	3	4	5
9 I will be successful in life	1	2	3	4	5
10 I am liked by others	1	2	3	4	5
11 I am respected	1	2	3	4	5
12 I am unique and special	1	2	3	4	5
13 I am funny	1	2	3	4	5
14 I am creative	1	2	3	4	5
15 I am assertive	1	2	3	4	5
16 I am courageous	1	2	3	4	5
17 I am hardworking	1	2	3	4	5
18 I am optimistic	1	2	3	4	5
19 I am mature	1	2	3	4	5
20 I am confident	1	2	3	4	5

mylemarks

Day 1

"It's not my fault" Personal Responsibility Worksheets

Directions: Fill in the chart below based on the scenarios provided.

Scenario	Who is at fault?	What responsibility do you have?
Your friend is giving you a ride to school and arrives late to pick you. As a result, you are late for school.		
You're playing catch with a football. You throw a great pass, but your friend misses. The ball hits and injures a child.		
You go way over your text message limit, but it's because your friends keep texting you.		
Your friend copies your homework, and you both get in trouble.		
You open a strange e-mail, and a virus eats your mom's computer.		

What responsibility does Ishmael have in his experience in the war? Explain.

Day 2

Make a connection between one of these scenarios (or one of your own) to Ishmael's responsibility. Use topic sentence that doesn't summarize but directly makes claim how these two situations are similar. Use a specific quote from the text.

Day 3

ASSESSMENT
SELF-DISCIPLINE

Name_____

Per._____ Date:_____

Select the best answer.

1. A person with strong self-discipline
a. pushes themselves to take action.
b. overcomes obstacles.
c. gets things done.
d. All of the above.

2 .Self-discipline is a key element needed for people to
a. have self-confidence.
b. find friends.
c. obtain their goals and dreams.
d. None of the above.

3. Discipline is especially important for
a. developing bad habits.
b. developing good habits.
c. developing relationships.
d. None of the above.

4. In order to accomplish our goals we need to
a. be able to work hard.
b. be persistent.
c. stay focused.
d. All of the above.

5. A strategy that can be used to help develop self-discipline is
a. select one thing you want to achieve.
b. visualize your desired outcome and rewards.
c. create a "just do it, no excuses" mindset.
d. recover and learn from your mistakes.
e. All of the above.

6. When being disciplined, in order to overcome the obstacles and discomfort you need to remind yourself
a. of the future reward and payoff of your sacrifice.
b. it is for your family.
c. no one cares.
d. All of the above.

7. In order to develop discipline, you must learn to
a. make excuses not to do something.
b. depend on your parents.
c. put aside the excuses and just do it.
d. All of the above.

8. When you make a mistake with the development of self-discipline it is best to
a. dwell on it and feel bad about it.
b. not dwell on it and learn from it.
c. ask for help.
d. None of the above.

9. It is much easier to accomplish something and develop discipline, when you
a. lack self-confidence.
b. have self-confidence.
c. are negative.
d. All of the above.

10. Self-discipline is easier to develop if you can focus on
a. many goals at time.
b. one thing or goal you want to achieve.
c. who is important to you.
d. All of the above.

© 2018 Michael K. Powell. All Rights Reserved.

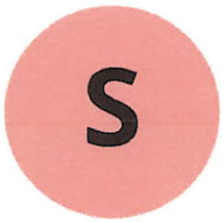
LIVEWORKSHEETS

Day 4

NAME : _____ DATE: _____

SMART GOALS WORKSHEET

Use this worksheet to plan and organize your goal using the SMART method. Think deeply and answer each section.



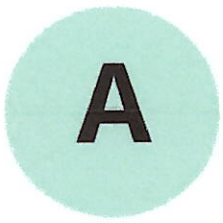
Specific

What is one area in school where you want to improve or grow?



Measurable

How will you know you're making progress toward your goal?



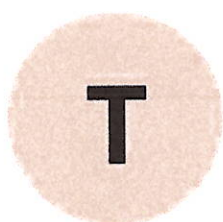
Attainable

What actions will you take to reach this goal?



Relevant

Why is this goal important to you?



Time-bound

When do you want to complete this goal by?

Day 5

SHOW RESPECT

Name: _____ Date: _____

1. What does respect mean?

_____

_____

2. Why is it important to show respect

_____

_____

3. How are you respectful to your friends?

_____

_____

4. How are you respectful to your teacher?

_____

_____

5. How are you respectful of the belongings of others and school property?

_____

_____

6. How do you show respect to adults?

_____