



Self-Reflection Guide

Lesson Name	Date	Prep Time	Rate how you think it went	What lessons can I learn from this teaching experience?
<input type="radio"/> 1. A Core Project Intro				
<input type="radio"/> 2. Class Agreement				
<input type="radio"/> 3. School as Community				
<input type="radio"/> 4. Teachability				
<input type="radio"/> 5. Expanding Comfort Zones				
<input type="radio"/> 6. Sharing & Reflection				
<input type="radio"/> 7. Speak Life				
<input type="radio"/> 8. Minding Mindsets				
<input type="radio"/> 9. Staying Well				
<input type="radio"/> 10. Pressure from the Outside				
<input type="radio"/> 11. Pressure from the Inside				
<input type="radio"/> 12. Sharing & Reflection				
<input type="radio"/> 13. Choosing Attitudes				
<input type="radio"/> 14. Disagreeing Agreeably				
<input type="radio"/> 15. Freedom & Responsibility				
<input type="radio"/> 16. Managing Emotions				
<input type="radio"/> 17. Apologizing & Forgiveness				
<input type="radio"/> 18. Sharing & Reflection				
<input type="radio"/> 19. Goal Setting Part 1				
<input type="radio"/> 20. Goal Setting Part 2				
<input type="radio"/> 21. Valuing Time				
<input type="radio"/> 22. Challenge By Choice				
<input type="radio"/> 23. Big Picture Thinking				
<input type="radio"/> 24. Sharing & Reflection				
<input type="radio"/> 25. Final Thoughts				



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<input type="radio"/> 1. Doing Good				
<input type="radio"/> 2. Cultivating Gratitude				
<input type="radio"/> 3. Hidden Value Part 1				
<input type="radio"/> 4. Hidden Value Part 2				
<input type="radio"/> 5. Generating Generosity				
<input type="radio"/> 6. Sharing & Reflection				
<input type="radio"/> 7. Critical Thinking				
<input type="radio"/> 8. Victims & Victors				
<input type="radio"/> 9. Bouncing Back				
<input type="radio"/> 10. Being Present				
<input type="radio"/> 11. Setting Boundaries				
<input type="radio"/> 12. Sharing & Reflection				
<input type="radio"/> 13. Genuinely Genuine				
<input type="radio"/> 14. Receiving Compliments				
<input type="radio"/> 15. Giving Compliments				
<input type="radio"/> 16. Building Bridges				
<input type="radio"/> 17. Feeling of Accomplishment				
<input type="radio"/> 18. Sharing & Reflection				
<input type="radio"/> 19. Mind Tricks				
<input type="radio"/> 20. Humility				
<input type="radio"/> 21. Great Team Players				
<input type="radio"/> 22. Fairness & Justice				
<input type="radio"/> 23. Finding Humanity				
<input type="radio"/> 24. Sharing & Reflection				
<input type="radio"/> 25. Final Thoughts				



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<input type="radio"/> 1. The Social Exchange				
<input type="radio"/> 2. Courage to be Real				
<input type="radio"/> 3. Staying Ready				
<input type="radio"/> 4. Rolling with the Punches				
<input type="radio"/> 5. Finding Inspiration				
<input type="radio"/> 6. Sharing & Reflection				
<input type="radio"/> 7. Self-Efficacy				
<input type="radio"/> 8. The Worth of Your Word				
<input type="radio"/> 9. Effective Decision-Making				
<input type="radio"/> 10. Employability				
<input type="radio"/> 11. A Job Well Done				
<input type="radio"/> 12. Sharing & Reflection				
<input type="radio"/> 13. Building Better Habits				
<input type="radio"/> 14. Prioritizing				
<input type="radio"/> 15. Listening Skills				
<input type="radio"/> 16. Asking for Help				
<input type="radio"/> 17. Giving Help				
<input type="radio"/> 18. Sharing & Reflection				
<input type="radio"/> 19. Choosing Your Attitude				
<input type="radio"/> 20. Complaint Free				
<input type="radio"/> 21. De-Stressing				
<input type="radio"/> 22. Self-Care				
<input type="radio"/> 23. Cool & Collected				
<input type="radio"/> 24. Sharing & Reflection				
<input type="radio"/> 25. Final Thoughts				



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<input type="radio"/> 1. Who We Are				
<input type="radio"/> 2. Shaping Character				
<input type="radio"/> 3. Belonging				
<input type="radio"/> 4. Having Peace				
<input type="radio"/> 5. Making Peace				
<input type="radio"/> 6. Sharing & Reflection				
<input type="radio"/> 7. Rising Above				
<input type="radio"/> 8. Shifting Mentalities				
<input type="radio"/> 9. Power of Thought				
<input type="radio"/> 10. Envisioning the Future				
<input type="radio"/> 11. Being Unshakable				
<input type="radio"/> 12. Sharing & Reflection				
<input type="radio"/> 13. Loosen Up				
<input type="radio"/> 14. Mental Health				
<input type="radio"/> 15. Happiness Equation				
<input type="radio"/> 16. Reset Button				
<input type="radio"/> 17. Self-Starter				
<input type="radio"/> 18. Sharing & Reflection				
<input type="radio"/> 19. Feedback				
<input type="radio"/> 20. Negotiations				
<input type="radio"/> 21. Time Management				
<input type="radio"/> 22. Interviewing				
<input type="radio"/> 23. Leadership & Influence				
<input type="radio"/> 24. Sharing & Reflection				
<input type="radio"/> 25. Final Thoughts				