Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

**SDLMI Reflection Form**

|  |  |
| --- | --- |
| G  = I can do it!    Y  = I am working on it.    R  = I need more help. | |
| 1. I talk about what I am good at. |  |
| 1. I talk about what I need to work on. |  |
| 1. I chart my progress. |  |
| 1. I talk about my interests and likes. |  |
| 1. I ask for help when I need it. |  |
| 1. I use strategies to reach my goal. |  |
| 1. I use positive self-talk. |  |
| 1. I take risks. |  |
| 1. I share my feelings appropriately. |  |
| 10. I make good choices. |  |