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

**SDLMI Reflection Form**

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| --- |
| 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. |  |