



Best Efforts Reflection Sheet

Directions: Use the scale below to rate your efforts towards each activity. Give yourself credit for your efforts and reflect on where and how you could improve your efforts.

Effort Scale	
1- Best Effort	2- Good Effort <i>(but not best)</i>
3- Some Effort	4- No Effort

Effort	Activity
	In school work
	Homework
	At home chores
	Maintaining friendships
	Making new friends
	Speaking up for yourself
	Speaking up for others
	Trying new things
	Practicing self care/love
	Being Kind