

- I am a responsible person.
- I take initiative.
- I choose my actions and attitudes.
- I don't blame others when I make mistakes.



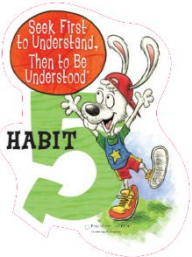
- I make plans in advance.
- I set goals for myself.
- I think about how my choices will impact my future.
- I do meaningful work.



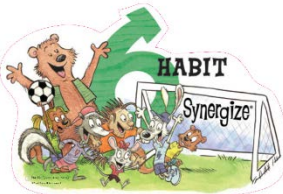
- I make a schedule and dedicate time to my Big Rocks each day.
- I'm organized.
- I stay focused.
- I try to minimize distractions and regroup when I get off task.



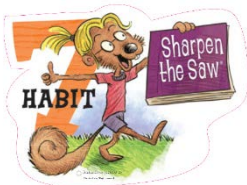
- I look for solutions to problems.
- I consider the feelings and needs of others.
- I am kind and cooperative when I work with others.



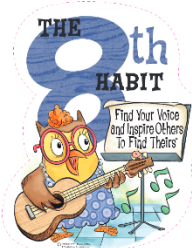
- I listen to other people's feelings and ideas without interrupting.
- I use my eyes and ears when listening.
- I try to understand other people's experiences.
- I am confident when I share my ideas.
- I don't make assumptions about others.



- I get along well with others.
- I value the strengths of others and allow myself to learn from them.
- I ask for other people's ideas.
- I know we can accomplish more as a team than I can on my own.



- I take care of my body by exercising, resting, and eating healthy foods.
- I learn new things.
- I spend time with family and friends.
- I balance my time between work and play.
- I reflect on ways I grow.



- I can identify my strengths.
- I pursue my passions.
- I look for ways to help others.
- I make the world better.