



### **Self-Assessment Reflection Questions**

#### **Principals**

(On a scale from 1-5, 1=little time, 5=lots of time)

I have been visible with every student, every teacher, every day.

I have been meditating on, listening to, or reading helpful books or lessons.

I have been making healthy choices in my sleep, nutrition, and exercise.

I have been faithful to my loved ones with my time and attention.

#\_ out of 20 possible points

#### **District Leaders**

(On a scale from 1-5, 1=little time, 5=lots of time)

I have been visible with every school team member, spoken or e-mailed with every principal, every teacher, every day this past week.

I have been meditating on, listening to, or reading helpful books or lessons.

I have been making healthy choices in my sleep, nutrition, and exercise.

I have been faithful to my loved ones with my time and attention.

#\_ out of 20 possible points

#### **Teachers**

(On a scale from 1-5, 1=little time, 5=lots of time)

I have been present and engaged with every student, every class, every day this past week.

I have been reflecting on, reading, or listening to resources that help me grow personally or professionally.

I have been making healthy choices when it comes to sleep, nutrition, and physical activity.

I have been giving meaningful time and attention to the people I care about outside of work.

#\_ out of 20 possible points

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