

# Self-Assessments and Checklists for Good Work Habits

I am ready to work.

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

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



I am listening and following instructions.



My materials are out and I am ready to learn.



My body is at a good energy level to get my work done.



I understand what I am supposed to be doing right now.



I am ready to do my best.



I am focused on the task or assignment.



Score out of 6 points

6

# Checklist Self Help

**Marilyn Frank-Stromborg**



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