

# Self-Assessments and Checklists for Good Work Habits

I am ready to work.

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

|   |  |                                     |
|---|--|-------------------------------------|
|    | I am listening and following instructions.             | <input checked="" type="checkbox"/> |
|    | My materials are out and I am ready to learn.          | <input checked="" type="checkbox"/> |
|    | My body is at a good energy level to get my work done. | <input checked="" type="checkbox"/> |
|   | I understand what I am supposed to be doing right now. | <input checked="" type="checkbox"/> |
|  | I am ready to do my best.                              | <input checked="" type="checkbox"/> |
|  | I am focused on the task or assignment.                | <input checked="" type="checkbox"/> |
| Score out of 6 points   |  | <input type="checkbox" value="6"/>  |

# Checklist Self Help

**Donald W. Kemper, Healthwise,  
Incorporated**



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