

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

Mary Chambers, David Sugden

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