

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

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

## KNOW YOURSELF TO GROW YOURSELF

Rate yourself on the 5 SEL competencies below, and write one sentence to explain your rating.

### SELF-AWARENESS



Why did you give yourself that ranking?

### SOCIAL-AWARENESS



Why did you give yourself that ranking?

(continued on next page)

# KNOW YOURSELF TO GROW YOURSELF

## SELF-MANAGEMENT



Why did you give yourself that ranking?

## RELATIONSHIP SKILLS



Why did you give yourself that ranking?

## RESPONSIBLE DECISION-MAKING



Why did you give yourself that ranking?

(continued on next page)

## KNOW YOURSELF TO GROW YOURSELF

Choose one SEL competency to focus on

- ☐ Self-Awareness
- ☐ Self-Management
- ☐ Social Awareness
- ☐ Relationship Skills
- ☐ Responsible Decision-Making

Set a personal growth goal tied to that skill

How often will you check back in on your goal?