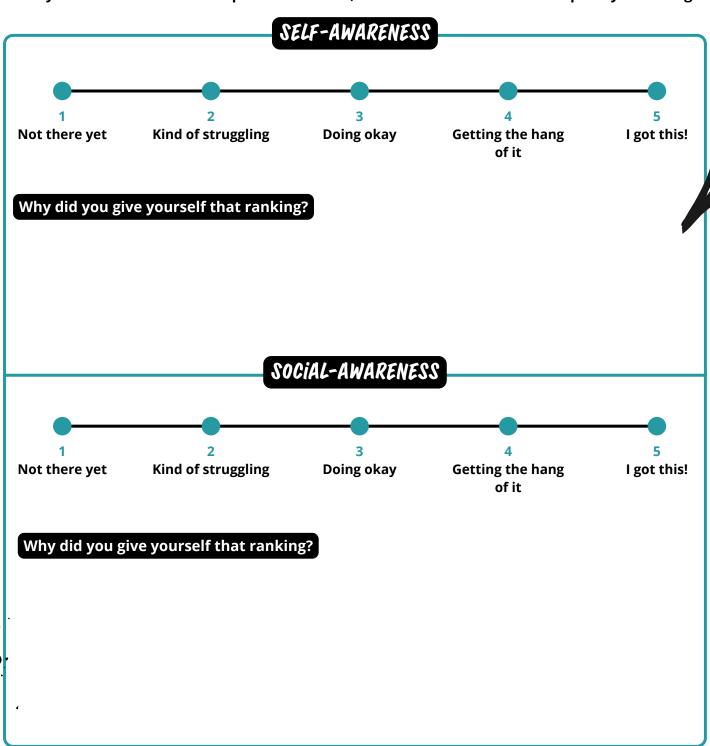


#### NOTE CATCHER

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## KNOW YOURSELF TO GROW YOURSELF

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

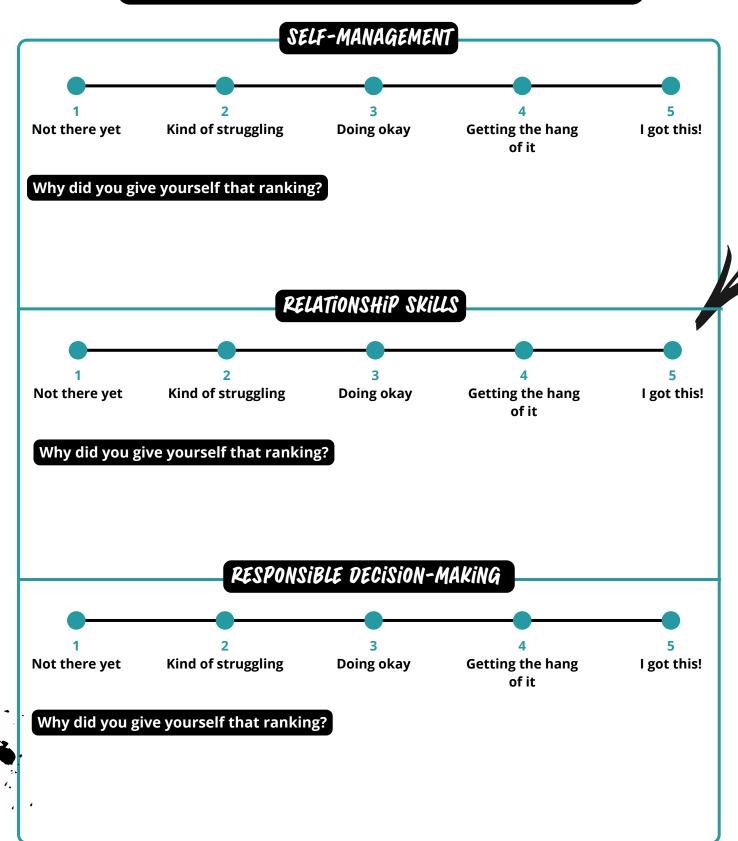


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### NOTE CATCHER



### KNOW YOURSELF TO GROW YOURSELF



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#### NOTE CATCHER

# 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?
now often will you encek back in on your gour.
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