

## Progress Grades - Term 1 Week 7

### 3-Week Check-In: Reflect & Reset

“Step back, step up, step in.” — *Richie McCaw*

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#### Quick reflection:

<b>  Excellence  </b> Knowledge & Understanding	<b>  Respect  </b> Effort & Attitude	<b>  Manaakitanga  </b> Self-management & Collaboration.
One thing I did well:	I showed effort by:	I managed myself well when:
One thing to improve:	I could improve by:	I need to work on:

	<b>  Excellence  </b> Knowledge & Understanding	<b>  Respect  </b> Effort & Attitude	<b>  Manaakitanga  </b> Self-management & Collaboration.
Last Average			
This Average			

I notice that:

I think this is because:

## My Focus Goal (ONE thing)

**"Without goals, progress is not possible."** — *Jesse Owens*

Over the next 3 weeks, I will:	
I will know I have achieved this by:	

## Growth Mindset (when it gets tough...)

**"Becoming is better than being."** — *Carol Dweck*

A challenge I might face in achieving my goal:	
When that happens, I will: <input type="checkbox"/> Stick with it (don't give up) <input type="checkbox"/> Ask for help <input type="checkbox"/> Try a different strategy <input type="checkbox"/> Slow down and check my work <input type="checkbox"/> A strategy of your own...	
Instead of saying "I can't do this", I'll say: "I can't do this yet, but I will _____"	

## Commitment:

I commit to:
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