**Myself and My Environment**

1. I understand why I am happy, sad, excited, bored, etcetera.
	1. Absolutely.
	2. Kind of.
	3. Not at all.
	4. No opinion.
2. This week my confidence levels are …
	1. Tip top
	2. Ok
	3. Bottom of the well.
	4. No opinion.
3. This week I was able to help myself.
	1. Absolutely.
	2. Some of the time.
	3. Barely.
	4. No opinion.
4. This week I was able to find others to help me.
	1. Absolutely.
	2. Some of the time.
	3. Barely.
	4. No opinion.
5. This week I was able to control myself.
	1. Master of my domain.
	2. Mostly.
	3. Occasionally.
	4. Not at all.
	5. No opinion.
6. This week I created, discovered, and/or used strategies to help me with study.
	1. Most definitely.
	2. Pretty not bad.
	3. Sure, why not.
	4. Not remotely.
	5. No opinion.
7. This week I created, discovered, and/or used strategies to help me towards my personal goals.
	1. Most definitely.
	2. Pretty not bad.
	3. Sure, why not.
	4. Not remotely.
	5. No opinion.
8. I made good decisions this week.
	1. For sure.
	2. Most of the time.
	3. Some of the time.
	4. Embarrassed show gaze.
	5. No opinion.
9. I understand the emotions of others.
	1. Quite well.
	2. Pretty not bad.
	3. Sometimes.
	4. Must try harder.
	5. No opinion.
10. This week my empathy was at the …
	1. Buddhist monk level.
	2. Concerned friend level.
	3. Indifferent stranger level.
	4. No opinion.
11. I understand my own cultural identity.
	1. Very well.
	2. Alright.
	3. Pretty ok.
	4. Not so much.
	5. No opinion.
12. This week I was careful with my actions and behaviors when discussing and exploring issues of different cultures.
	1. I’m proud of how I handled this.
	2. Mostly, I did well.
	3. Some good, some bad.
	4. Must try harder.
	5. No opinion.