

# Personal Awareness & Responsibility

Specific aspects in need of strengthening	Extending	Specific aspects of strength
	<p><b>Personal Awareness &amp; Advocacy</b></p> <p>I can identify my strengths and limits, find internal motivation, and act on opportunities for self-growth. I can advocate for myself in stressful situations.</p>	
	<p><b>Decision Making Skills</b></p> <p>I can take ownership of my goals, learning, and behaviour; I act on what is best, over time, in terms of my goals and aspirations. I recognize the implications of my choices and consult with others who may be affected by my decisions.</p>	
	<p><b>Reflective Thinking &amp; Well-Being</b></p> <p>I am aware of my personal journey and reflect on my experiences as a way of enhancing my well-being and dealing with challenges. I sustain a healthy and balanced lifestyle.</p>	
	<p><b>Ethical Thinking &amp; Responsibility</b></p> <p>I take the initiative to inform myself about controversial issues and take ethical positions. I take responsibility for making ethical decisions.</p>	

\*adapted from Moscrop Secondary School