

Self-Assessments and Checklists for Good Work Habits

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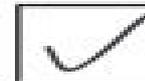
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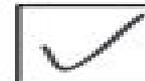
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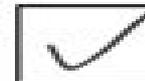
My materials are out and I am ready to learn.



My body is at a good energy level to get my work done.



I understand what I am supposed to be doing right now.



I am ready to do my best.



I am focused on the task or assignment.



Score out of 6 points

6

Checklist Self Help

**Donald W. Kemper, Healthwise,
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