

REFLECTION REQUEST

A TEACHER, COACH, OR TRUSTED ADULT SEES ME

This page is optional.

Invite a teacher, coach, counselor, youth leader, employer, or trusted adult to complete this page only if you choose.

Adults sometimes notice strengths young people overlook.

Please share what you see.

A strength I see in you is:

A quality I admire is:

Something I hope you continue developing is:

A challenge I believe you can overcome is:

Something I believe is possible for you is:

One thing I hope you remember is:

MY RESPONSE

AFTER READING THIS TRUSTED ADULT'S REFLECTION

What inspired me?

What did I learn from this reflection?

What strength do I want to keep developing?

What do I want to remember?
