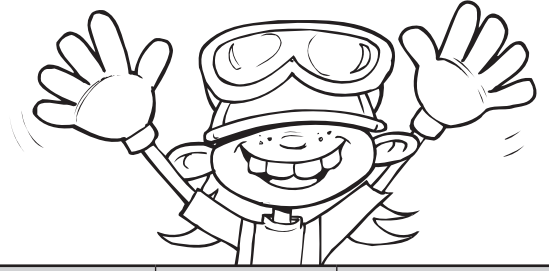


'SIX KINDS OF BEST' CHECKLISTS

Teacher – student self-reflection checklist

Name _____

Go through the list, tick the appropriate boxes and see how you rate. You will notice a profile that will indicate which of your values are strongly developed, and which areas you need to improve.



1 Be kind to yourself	Strongly agree	Agree	Disagree	Strongly disagree
1. I am proud of my uniqueness				
2. I have a strong sense of identity				
3. I know my strengths and work on my weaknesses				
4. I exercise regularly				
5. I eat well				
6. I sleep well				
7. I take time to relax				
8. I minimise risks				
9. I like learning				
10. I strive for success				
11. I love, and value the love of, others				
12. I have a circle of quality friends				
13. I stand up for myself				
14. I make good choices				
15. I forgive myself if I make mistakes				
16. I am positive				
17. I am useful				
18. I have fun				
19. I am proud of the things I say and do				

2 Be kind to others	Strongly agree	Agree	Disagree	Strongly disagree
1. I value relationships				
2. I respect the rights of others				
3. I am polite and use good manners				
4. I praise people who do things well				
5. I work at building and maintaining relationships				
6. I am tolerant and understanding of difference				
7. I respect other points of view				
8. I don't bully or put others down				
9. I seek a fair go for all				
10. I try to manage and resolve conflict				
11. I cooperate with others				
12. I support and include others				
13. I value family life				
14. I treat others the way they need to be treated				

'SIX KINDS OF BEST' CHECKLISTS

Name _____

3 Be kind to the environment	Strongly agree	Agree	Disagree	Strongly disagree
1. I clean up after myself				
2. I don't pollute the land, air or waterways				
3. I recycle and don't waste				
4. I don't waste water				
5. I conserve energy				
6. I care for natural habitats, wildlife and endangered species				
7. I use environmentally friendly products				
8. I use environmentally friendly energy sources				
9. I use resources that can be replaced				
10. I value our cultural heritage				

4 Be the learning kind	Strongly agree	Agree	Disagree	Strongly disagree
1. I am positive about learning				
2. I seek knowledge about myself, others and the world around me				
3. I recognise the value of knowledge				
4. I have an enquiring mind—I am curious				
5. I know how I learn best				
6. I have an open mind				
7. I am a critical thinker				
8. I have a global perspective				
9. I seek learning opportunities everywhere				
10. I learn from my mistakes				
11. I am a lifelong learner				

'SIX KINDS OF BEST' CHECKLISTS

Name _____

5 Be the achieving kind	Strongly agree	Agree	Disagree	Strongly disagree
1. I have a go!				
2. I try lots of different things				
3. I know what I am good at and enjoy doing				
4. I do things to the best of my ability				
5. I pursue quality and personal excellence				
6. I use my talents				
7. I have a sense of purpose				
8. I manage my time effectively				
9. I manage my money wisely				
10. I set worthwhile goals and make plans to achieve them				
11. I am persistent and self-disciplined at achieving my goals				
12. I look at different ways of doing things				
13. I have good communication skills				
14. I have good role models that I look up to				

6 Be the community kind	Strongly agree	Agree	Disagree	Strongly disagree
1. I behave responsibly				
2. I respect authority				
3. I follow rules				
4. I am honest and seek the truth				
5. I show integrity—I know what is morally and ethically right, and I act that way				
6. I am useful				
7. I get involved in the community				
8. I strive for justice and a 'fair go' for all				
9. I share with and care for those in need				
10. I support reconciliation				
11. I contribute to or support research				
12. I support freedom				
13. I strive for peace				