Name: FLEX TIME SELF-AS	SESSMENT
Complete the following survey to determine if you are meeting your your goals, what can you do accomplish them next week? Think about this before filling out your process and calendar for next	
<pre>PREPAREDNESS Do I consistently bring all needed materials to Flex Time?</pre>	YES NO
USE OF FLEX TIME Do I start working promptly, quietly, and diligently? Do I consistently work until the end of the Flex Time? Do I participate in a manner that follows Flex Time guidelines? Do I always attend Flex Time on time?	YES NO
ATTITUDE AND BEHAVIOUR Do I follow directions quickly and quietly? Do I show a genuine commitment to learning? Am I consistently courteous, respectful, and responsive?	YES NO
CLASSWORK AND ASSIGNMENTS Do I consistently complete homework? Do I keep homework, assignments, and notebooks consistently neat and well organized?	YES NO
Do I always submit my assignments on time? Is all my work authentic? Do I consistently use Flex Time to catch up on missed work when necessary?	

13-14 checks in the YES column 9-12 checks in the YES column 0-8 checks in the YES column

necessary?

Do I consistently use Flex Time to seek additional help when

Meeting Flex Time goals Approaching Flex Time goals Not meeting Flex Time goals

Name:		

FLEX TIME PLANNER

Wish	Outcome	Obstacle	Plan
What is one meaningful wish that you would like to achieve in Flex Time? Write something achievable but still challenging .	Imagine the best possible outcome of achieving your wish. What is the single best outcome of fulfilling that wish? [3-6 words]	What is a specific internal obstacle that keeps you from fulfilling your wish? [3-6 words]	Think of one effective action you will take to overcome this obstacle: If [obstacle]
When will you accomplish this by?	How would you feel?	When and where will this obstacle arise?	Then I will [effective action]

MONTH OF:

Monday	Tuesday	Wednesday	Thursday	Friday
Room:	Room:	Room: NO FLEX	Room:	Room:
Monday	Tuesday	Wednesday	Thursday	Friday
Monday Room:	Tuesday Room:	Wednesday Room: NO FLEX	Thursday Room:	Friday Room:
	-			
	-			
	-			
	-			
	-			