

## Essentials: Return and Report

Your Name:	Rachel Wasden	Your Section	014	Your Total Points: (YOU ENTER)	50
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Now that you have worked your plan, it is time to return and report. This portion of the project will also be self- and teacher-graded. Please remember the Honor Code you signed and the value of your integrity. A higher than deserved grade is not worth your honor. I would much rather have you honestly tell me you didn't accomplish one thing than to compromise your honor.

**Please turn in this Grading Form and the page(s) under it, which must include the following under the appropriate headings:**

1. **A summary of your experience which includes the (1) basics of what you did, (2) what you gained/learned AND (3) why you believe you deserve the grade you give yourself (no more than one page).**

**And**

2. **The tracking tool you used to track your progress and efforts on a regular/daily basis**

Once again, there must be enough detail in your description for me to concur that you deserve the points you gave yourself. **Base your grade on your regular/daily efforts, not on whether you feel you have developed the desired attribute – that is hard to measure after just a several week effort ☺.** I will then make any needed adjustments to the points in order to ensure parity (of effort, not growth) with your classmates based on the description you give in comparison to the efforts put forth by the rest of your classmates.

Please give yourself a grade at the top of this page according to the following guidelines:

70	You spent at least 1 hours each week working on your attributes
50	You were faithful to the intent of your plan but a little less than 1 hours a week.
30	You did the bare minimum to qualify.
10	You didn't do anything or just barely above not doing anything – a few small efforts

## My Summary

(Replace this text with a summary of your experience which includes the following – **numbered as indicated**:

- (1) Basics of what you did
- (2) What you gained/learned
- (3) Why you believe you deserve the grade you give yourself (no more than one page)

I journaled as a way to connect to God and increase my relationship with Him. I would sit down and journal either experiences I had where I felt that my prayers were answered or I gained a deeper insight into the character of God. Many of these entries included me processing my grandma's death, experiences I had in the temple, and trying to create a healthy God-centered relationship with my boyfriend.

I learned a ton. During the first chunk of this process, I found peace in connecting with God and I found peace as I read back on past entries as well. I soon realized that while in some cases I found peace journaling about my day, other times it was more helpful to journal in my scriptures as I read or on my phone right during the moment. I started journalling a lot less because I learned that there are several other ways I prefer to process and connect with God. This includes spending more time saying verbal prayers or talking things through with different family members.

I feel I deserve a 50 because I honestly didn't do my original goal of journaling every day but I still feel that I put in enough effort to deserve a 50. I think it is a valuable skill to be flexible with your plans and trust yourself enough to pivot.

## My Tracking Mechanism

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10/3	YES	YES	YES	YES	NO	NO	YES
10/10	NO	YES	YES	NO	NO	NO	YES
10/17	YES	YES	YES	YES	NO	YES	YES
10/24	YES	YES	YES	YES	NO	NO	YES
10/31	NO	NO	YES	NO	YES	YES	YES
11/7	YES	NO	NO	YES	YES	YES	YES
11/14	NO	NO	NO	NO	NO	NO	YES
11/21	NO	YES	NO	NO	NO	NO	YES
11/28	NO	NO	YES	YES	NO	NO	
12/5	NO	YES					