

Name: _____

Section: _____

Live the Doctrine Project
Student Self-Assessment Sheet

In each category, give yourself a score that honestly represents your performance.

Category	Score
Preliminary Work I completed the Behavior SMART Goal, the Baseline Assessment, the Eye of Faith visual representation, the Planning for Challenges list, the Support Person Mind Map, and the Behavior Change Contract one to two days <u>before</u> I began my two-week effort to change.	/up to 10pts.
SMART Goal I formulated a realistic behavior change SMART goal that stretched me enough to take me outside my comfort zone so that I could improve.	/up to 5 pts.
Baseline Behavior Evaluation and Re-assessment of Behavior I designed a self-evaluation instrument that worked well with my specific goal. I accurately assessed all six required categories (current behavior, attitude, understanding, level of importance, level of desire to change, use of rationalizations/excuses) and felt like I knew where I was starting from before I began my project. I reassessed myself at the end of the project and saw significant improvement in myself.	/up to 10 pts.
See with an Eye of Faith After completing my project, I felt like the person I became was an excellent reflection of what I had hoped to see from the visual representation that I designed.	/up to 5 pts.
Planning for Success & Accessing the Atonement I was successful in perceptively thinking through the challenges I might face in my efforts to change. My proposed solutions for overcoming the challenged worked extremely well. If they weren't working well, I made adjustments to these plans as I went. I regularly accessed the cleansing and enabling power offered to me by Jesus Christ during my project and experienced a noticeable closeness to the Savior.	/up to 10 pts.
Support Person I felt that my support person was a good choice for me. I utilized him/her in the way that I agreed to and found that the assistance I received was very helpful. If my experience wasn't going well, I made changes as I went to improve things.	/up to 5 pts.
Performance Data I successfully measured and recorded my performance each day of my project and did it according to the contract.	/up to 10 pts.
Scripture Journal Each day of my project I spent a few minutes of my daily scripture study seeking to understand the doctrines associated with my goal. I gained an increased understanding of the subject and I recorded the impact my study had on me in my journal each day.	/up to 10 pts.
Project Summary I feel that my project was a brilliant success. I succeeded in changing my thoughts, attitudes, and behavior and I gained an increase of knowledge. I feel that I have made a significant step forward in making this change into a new habit that I can maintain over time.	/up to 10 pts.
Total	/75