Name: \_\_Carlos Solis\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| One Problem | One Solution |
| **Initiative**  How easily do you start? | Worst 1 2 3 4 5 6 7 **8** 9 Best | |
|  |  |
| **Grit**  How easily do you continue on your work? | Worst 1 2 3 4 5 6 **7**  8 9 Best | |
| I can have some distractions. | Listening to music helps sometimes, but most of the time I work in absolute silence. |
| **Follow-Through**  How well do you complete something you start? | Worst 1 2 3 4 5 6 **7** 8 9 Best | |
| Sometimes assignments can get difficult, or like I said before, I can get distracted. | I find an easy way through the assignments. |
| **Internal-Control**  How well do you handle internal distractions: sleep, hunger, noise, anger, anxiety | Worst 1 2 3 4 5 6 7 8 **9** Best | |
|  |  |
| **External-Control**  How well do you manage external distractions? | Worst 1 2 3 4 5 6 **7** 8 9 Best | |
| Outside noises are really my issue. | If I could I would listen to music. |
| **Triaging**  How well do you prioritize what is most important? | Worst 1 2 3 4 5 6 7 **8** 9 Best | |
|  |  |
| **Reflection**  How well do you review the quality of your work when you are done? | Worst 1 2 3 4 5 6 7 8 **9** Best | |
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