

## **Self Reflections!**

### **Challenger homework**

Who am I when things get hard? Pick a time when things became frustrating, your were let down, disappointed in yourself, etc. What reactions/behaviors did you do and emotions did you experience?

I felt like I was the best version of myself when (things I was doing, feeling, saying, seeing, and sensing):

How do I want to be described as a dancer (consider both your dancing and how you would be described as a student in the room).

This year, I give myself permission to try:

This week, I give myself permission to try:

Identify the last time you pushed yourself out of your comfort zone. What were you doing, feeling, saying, seeing, and sensing? What would you do differently next time?

**In- class questions to re-visit or deeper into!**

When I feel most at peace: (Describe it in sense – what does it look like, sound like, feel like, smell like, taste like)

I had fun when

I feel happiest when (Describe it in sense – what does it look like, sound like, feel like, smell like, taste like)

3 things that make me unique

I feel best about myself when

A time I was resilient

3 words I hope people would use to describe me

10 things I am grateful for