

		Rarely	Sometimes	Often
<b>Self-Awareness</b>				
<b>EMOTIONAL SELF-AWARENESS</b>	I am able to identify, recognize, and name my emotions in the moment.			
	I recognize the relationship between my feelings and my reactions to people and situations.			
<b>ACCURATE SELF-PERCEPTION</b>	I know and am realistic about my strengths and limitations.			
	I encourage others to tell me how my actions have affected them.			
	I know how my own needs and values affect the decisions I make.			
<b>SELF-CONFIDENCE</b>	I believe I have what it takes to influence my own destiny and lead others effectively.			
	I feel confident that I can handle whatever comes along with calm self-assurance and a relaxed presence.			
<b>OPTIMISM</b>	I believe that most experiences help me learn and grow.			
	I can see the positive even in negative situations.			
<b>Self-Management</b>				
<b>SELF-CONTROL</b>	I find ways to manage my emotions and channel them in useful ways without harming anyone.			
	I stay calm, clear-headed and unflappable under high stress and during a crisis.			
<b>SETTING AND ACHIEVING GOALS</b>	I have high personal standards that motivate me to seek performance improvements for myself and those I lead.			
	I am pragmatic, setting measurable, challenging, and attainable goals.			
<b>ADAPTABILITY</b>	I accept new challenges and adjust to change.			
	I modify my thinking in the face of new information and realities.			
<b>ORGANIZATIONAL SKILLS</b>	I can juggle multiple demands without losing focus or energy.			
	I balance my work life with personal renewal time.			
<b>Social Awareness</b>				
<b>EMPATHY</b>	I listen actively and can grasp another person's perspective and feelings from both verbal and nonverbal cues.			
<b>RESPECT FOR OTHERS</b>	I believe that, in general, people are doing their best, and I expect the best of them.			
<b>APPRECIATION OF DIVERSITY</b>	I appreciate and get along with people of diverse backgrounds and cultures in my school community and utilize inclusionary practices to ensure all voices are represented.			
<b>ORGANIZATIONAL AWARENESS</b>	I am astute in organizational situations and am able to identify crucial social networks.			
	I understand the organizational forces at work, the guiding values, and unspoken rules that operate among people.			

<b>Relationship Skills</b>		Rarely	Some- times	Often
<b>COMMUNICATION</b>	I foster an emotionally nurturing and safe environment for staff, students, families, and community members.			
	I am open and authentic with others about my values and beliefs, goals, and guiding principles.			
	I communicate with and encourage interaction with staff, students, parents, caregivers, and community members.			
	I can articulate ideas that are important to me in ways that motivate others to become involved.			
<b>BUILDING RELATIONSHIPS</b>	I have a genuine interest in cultivating people's growth and developing their SEL skills			
	I am able to openly admit my mistakes and shortcomings to myself and others.			
	I try to understand the perspective and experiences of others before I offer suggestions.			
	I give timely and constructive feedback as a coach and mentor.			
<b>CONFLICT MANAGEMENT</b>	I am comfortable dealing with conflict, listening to feelings from all parties and helping them understand different perspectives.			
	I am able to guide conflicting parties to find a common solution.			
<b>TEAMWORK AND COLLABORATION</b>	I am good at teamwork and collaboration and generate a collegial atmosphere that inspires us all.			
	I build relationships with members of diverse groups.			
	I involve key stakeholders in important decision-making tasks to ensure we are making wise choices.			
	I embody teamwork in my leadership style and personal behaviors as a role model to staff, students, and the school community.			
<b>Responsible Decision-Making</b>		Rarely	Some- times	Often
<b>PROBLEM IDENTIFICATION AND SITUATION ANALYSIS</b>	I am able to define the core of the problem and differentiate it from solution options.			
	I recognize the need for change, challenge the status quo, and encourage new thinking in my school.			
	I conduct a needs analysis and involve the staff to identify problems before starting a new initiative.			
<b>PROBLEM SOLVING</b>	I involve others to generate multiple solutions and predict the outcome (of each solution) for key problems.			
	I find practical and respectful ways to overcome barriers, even when it comes to making decisions that may not be popular.			
<b>EVALUATION &amp; REFLECTION</b>	I use more than one measure to assess progress toward social, emotional, and academic goals.			
	I provide opportunities for self-reflection and group reflection on progress toward goals and the process used.			
<b>PERSONAL, MORAL &amp; ETHICAL RESPONSIBILITY</b>	I treat other people in the way I would want to be treated.			
	I encourage community service activities for students, staff, and the community			