

Effort Self-Assessment

Name: _____

Date: _____

Don't worry, this isn't a test. There are no wrong answers—just honest answers! Color in the answer that best reflects how hard you try at the following tasks.

	I don't try at all	I try a little	I try hard	I try my very best
I get my homework done on time.	☐	☐	☐	☐
I pay attention when the teacher is talking.	☐	☐	☐	☐
I respect my classmates. I treat everyone with kindness.	☐	☐	☐	☐
I come to school with a positive attitude.	☐	☐	☐	☐
I follow directions in class.	☐	☐	☐	☐
I control my emotions. I don't act out when things get tough.	☐	☐	☐	☐
I ask for help when I'm not sure about something.	☐	☐	☐	☐

Describe a time you tried your best at something. What happened after you gave it your best effort?
