

Module 1: Self-reflection

Where am I on my ABCD journey?

Scale:

1 = Not yet 2 = Just getting started 3 = We are part way there 4 = We are doing this 5 = We are there!

Here are 10 questions to think about:	Low					High				
1. Do you use strengths-based language – focusing on what is strong, not what is wrong – when talking about local communities?	1	2	3	4	5					
2. Do you/your group have strong relationships with local people or groups?	1	2	3	4	5					
3. Do you/your group have a good understanding of the strengths and assets that are available in your community?	1	2	3	4	5					
4. Are there grassroots initiatives, programs or activities taking place in your community led by community members?	1	2	3	4	5					
5. Are there opportunities for community members to share their hopes for their community in meaningful and listened to ways?	1	2	3	4	5					
6. Are there local connectors in your community who act as a bridge between people, organizations and institutions, and help to activate local assets?	1	2	3	4	5					
7. Does your group have diverse representation with equitable voices at your decision-making tables?	1	2	3	4	5					
8. Do you/your group build plans based on the passions, hopes or assets of local people?	1	2	3	4	5					
9. Has a community plan been developed that outlines community priorities and the role of people, groups and organizations?	1	2	3	4	5					
10. Do you/your group have a goal to enable more community-led initiatives?	1	2	3	4	5					

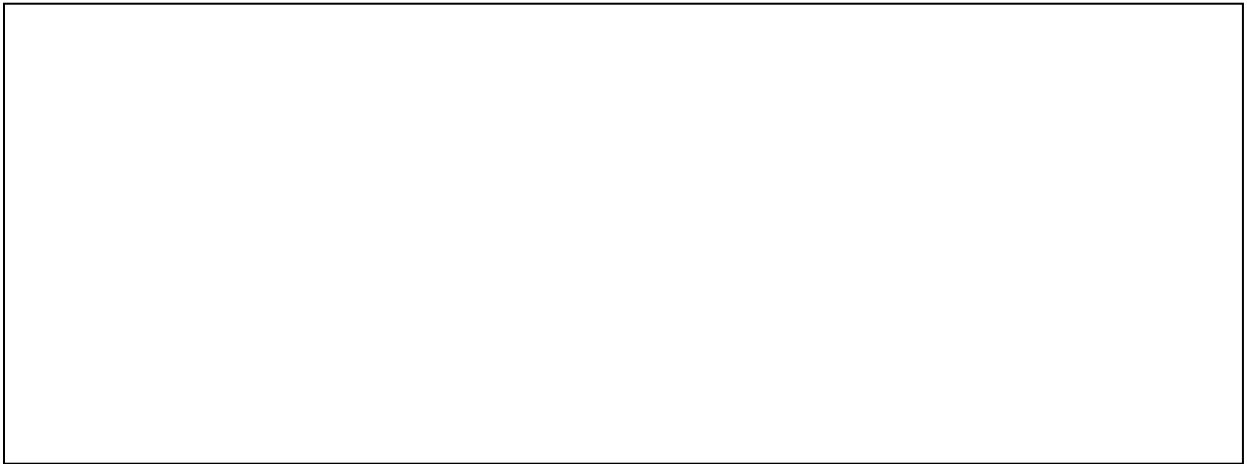
Add up your score to reflect on how well you are doing: _____

10-25 points – What are some ways you could increase your score?

25-40 points – You are doing well. Keep going!

40-50 points – Amazing work!

What have you learned by doing this self-reflection?

A large, empty rectangular box with a thin black border, intended for a student to write their self-reflection response.