NAME:

DATE:

THE GOOD PROJECT

MIRROR TEST

CONDUCT YOUR OWN "MIRROR TEST". THIS PROCESS OF REFLECTION SHOULD BE A REGULAR PRACTICE, REVISED EVERY MONTH OR EVERY OTHER MONTH.

CONSIDER WHAT YOU DISCERNED DURING THE CLASS DISCUSSION: E.G., WHAT DO YOU LEARN FROM MENTORS AND ANTI-MENTORS?

USE THE FOLLOWING QUESTIONS AS PROMPTS. YOU CAN USE THE FOLLOWING PAGES TO WRITE A RESPONSE, OR ILLUSTRATE YOUR RESPONSES:

PLEASE NOTE, YOUR INSTRUCTOR MAY ENCOURAGE THIS AS A LARGER PROJECT, OVER SEVERAL WEEKS.

- When I look in the mirror, what do I see? How do I describe myself?
- What are my beliefs?
- What do I feel good about? Not so good about?
- What do I want to work on? Or improve?
- What do I want to change? Is it possible?
- How would my family describe me? How would my friends describe me?
- Who do I know that could help me with the changes I want to make in my life? Are they mentors or anti-mentors?

ADD YOUR REFLECTION, WRITTEN OR ILLUSTRATED, TO YOUR GOOD WORK PORTFOLIO.

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