CHASE EXCELLENCE

Reflective Practice Self-Assessment

Professional Learning Book Study · Participant Form

This form takes about eight minutes. It is not an evaluation of your performance and will not be shared with your supervisor by name. Answer for how you actually work right now, not how you intend to work.

Your participant code

So your responses can be compared over time without using your name, create a code and use the same one every time you complete this form.

First two letters of the street you grew up on + the day of the month you were born (e.g., MA07).

Participant code	
Today's date	
Administration (circle one)	Baseline · End of series · 90 days · 180 days

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PART A

How you work now

For each statement, mark the one response that best describes you.

Movement I — Know Yourself

	Rarely or never	Sometimes	Often	Almost always
1. I can name the situations where I tend to react before I think.				
2. I notice when a strength of mine is creating a problem.				
3. I can describe how I tend to make decisions under pressure.				

Movement II — Build Something

	Rarely or never	Sometimes	Often	Almost always
4. When a task lands on me, I consider whether someone else should own it.				
5. I prepare before difficult conversations rather than improvising.				
6. I let others carry work that I could do faster myself.				

Movement III — Build Beyond Yourself

	Rarely or never	Sometimes	Often	Almost always
7. When someone brings me a problem, I help them think it through rather than solving it for them.				
8. I let others make decisions that I could make myself.				
9. I can name a specific person whose capability has grown because of how I worked with them.				

Reflective Practice

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	Rarely or never	Sometimes	Often	Almost always
10. I pause before making decisions that affect other people.				
11. When a familiar situation comes up, a lesson I have learned comes to mind before I act.				
12. I can name the principle behind a specific decision I made in the past week.				

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PART B

What you remember and what you did

There are no trick questions here. If nothing comes to mind, write “nothing yet.” An honest blank is more useful than a guess.

B1. Recall

Without looking anything up, list as many sayings from the book study as you can remember. Write only what comes to mind.

B2. Principle Retrieval

Choose one saying you listed above. In two or three sentences, explain the larger lesson it carries.

B3. Transfer

Read the situation provided by your facilitator. Which saying applies, and what would it prompt you to do?

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B4. Behavioral Application

Describe one decision or action in the past 30 days that was influenced by something from the book study. What did you do, and what might you have done otherwise?

Thank you. Please return this form to your facilitator.

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