

BOSS YOUR POWER

This tool is designed to help you manifest your power and make meaning out of your life experiences. We become more powerful and confident when we reflect on our experiences using skills.

This tool is a list of conversation and writing prompts organized by key power skill sets called the MHA Building Blocks. Use these prompts to start a conversation or journal entry. Get in the habit of sharing and reflecting on what you are learning and doing.

Personal Mindset/ Professional Attitude

- One way I showed my independence was...
- One strategy I used to stay focused was...
- I was frustrated with ____ but I overcame by...
- One task I completed independently was...
- One thing I had to try more than once was...
- One thing I can do when I feel frustrated or overwhelmed is...
- One set-back I had was...
- I will overcome next time by...
- One resource that helped me to be an independent learner was...
- Add your own...

Planning for Success/ Time Management

- One goal that I had was...
- A resource I used to help me obtain my goal was...
- I checked ____ off of my to do list.
- (Tomorrow, Next week...) I will complete...
- I'm behind/ahead of schedule because...
- One goal I'm having trouble with is...
- I feel confident that I will be ready by the deadline because...
- I feel nervous about the deadline because...
- I made progress in...
- I planned my time well because...
- Add your own...

Social Awareness

- I was aware of how my actions affect others because...
- (Name) needed help with ____ so I...
- I took the feelings of (name) into consideration when I...
- I was able to adjust to ____ by changing how I...
- I was able to shift how I usually act by...
- One way I helped my community today was...
- I showed empathy by...
- I showed appreciation for ____ when I ...
- One considerate thing I did was...
- I was grateful for...
- One kind thing that I said was...
- Add your own...

Notes...

Communication

- I showed that I was listening by...
- One way I communicated effectively was...
- I was really convincing when I...
- I used my words thoughtfully to challenge...
- One kind thing that I said was...
- I realized that using the right words is important because...
- I wrote a great ____, it said...
- One great question I asked was...
- I heard a great idea or suggestion from (name). They said...
- I shared a great idea with...
- I asked (name) to clarify ____, they told me...
- I wish I was better at communicating...
- Add your own...

Problem Solving

- One problem that I found a solution for was...
- I think the source of the problem is/was...
- A different way that I could have framed this problem is...
- A different way that I could have solved this problem is...
- I found a solution to a problem by...
- One advantage to the solution that I came up with is...
- One disadvantage to the solution that I came up with is...
- One problem that I am struggling with is...
- Add your own...

Collaboration/ Team Work Ethic

- Today I helped my team by...
- Today I encouraged (name) in my group to...
- One piece of feedback that I gave to my group was...
- One idea that I shared with my group was...
- Today I think working with my group was ____ because...
- One thing we disagreed about today was _____. We resolved our disagreement by...
- We feel confident/nervous about the deadline because...
- I supported my team today by...
- I asked (name) for their opinion about ____ and they said...
- Add your own...

These starters work for everything!

- The most important thing(s) that I learned was...
- What I learned/did matters because...
- One question I have about what I learned is ____ because...
- One thing that I would love to know more about is ____ because...
- One thing that I did that will help me improve my performance was ____ because...
- One thing I learned that I could apply again is ____ because...
- One thing that helped me was ____ because...
- One thing that surprised me was ____ because...
- One thing that confused me was ____ because...
- If I could do today over I would do ____ because...
- One thing I need to improve on is ____ because...
- One thing I need more help with is ____ because...
- The most difficult thing I had to do was...
- One person who helped me was ____ because...
- The number one thing that I need to work on is ____ because...
- My favorite learning moment from was ____ because...
- I am thankful for ____ because...
- Today's #hashtag would be ____ because...

For extra power, review the full list of 35 Skills in MHA's 21st Century Power Skill Sets at www.mhalabs.org