

emotional intelligence

self-regulation

self-control

I can ...

- ☉ deal with my negative feelings in a safe and appropriate way
- ☐
- ☉ be trusted to do what I say I'll do by the time I say I'll do it
- ☐
- ☉ be responsible for my own actions and personal performance
- ☐
- ☉ adapt to changing circumstances with speed and flexibility
- ☐
- ☉ accept new ideas and methods

