

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!

<i>Here are 10 questions to think about:</i>	<i>Low</i>					<i>High</i>				
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	1	2	3	4	5
2. Do you/your group have strong relationships with local people or groups?	1	2	3	4	5	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	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	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	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	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	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	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	1	2	3	4	5
10. Do you/your group have a goal to enable more community-led initiatives?	1	2	3	4	5	1	2	3	4	5

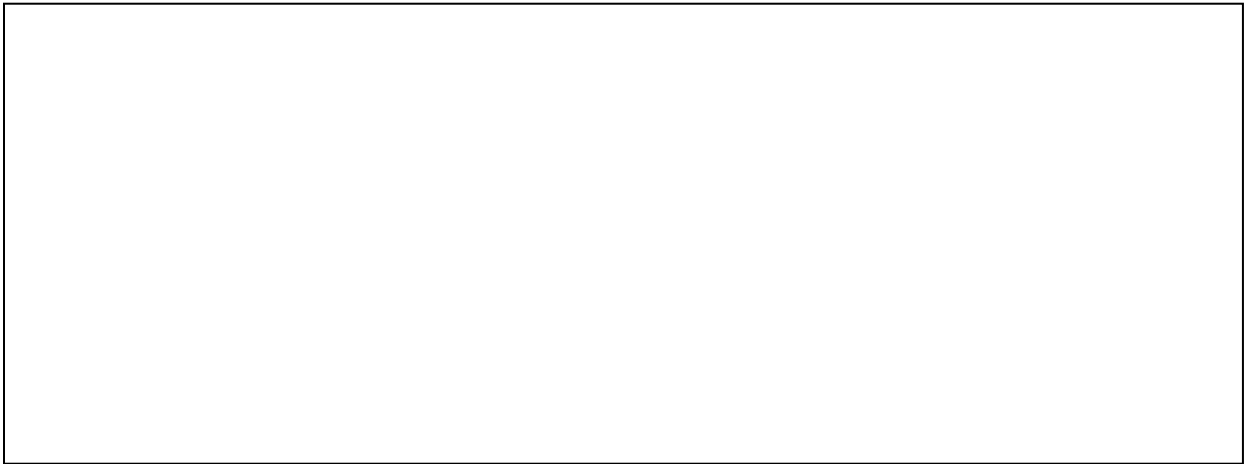
Add up your score to reflect on how well you are doing: \_\_\_\_\_

**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 the student to write their reflection on what they have learned.