



# Teaching the Whole Teen

Everyday Practices  
That Promote  
**Success and Resilience**  
in School and Life

Rachel Poliner  
Jeffrey Benson

*Thank you*

FOR YOUR  
INTEREST IN  
CORWIN

Please enjoy this complimentary excerpt from *Teaching the Whole Teen* by Rachel Poliner and Jeffrey Bendson. Use this self-reflection tool with your students and help them discover what gets in the way of being their best selves and how they can further develop themselves.

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## TOOL 7-3 Developing My Best Self

When I'm my best self, what are three character traits I demonstrate?

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How do I demonstrate those character traits? What does it look like?

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What gets in the way sometimes of being my best self?

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What character trait would help me be my best self more often?

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How would that character trait help me?

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What are two steps I can take to demonstrate the new character trait and practice it regularly?

1. \_\_\_\_\_
2. \_\_\_\_\_



The character traits below might give you some ideas. Add other character traits as well.

Adventurous	Creative	Kind	Patient
Assertive	Curious	Levelheaded	Persistent
Balanced	Dependable	Lively	Practical
Brave	Diligent	Meticulous	Purposeful
Calm	Expressive	Motivating	Respectful
Cautious	Generous	Open-minded	Responsible
Collaborative	Gutsy	Optimistic	Sensible
Confident	Idealistic	Organized	Supportive
Conscientious	Inventive	Outgoing	Well-adjusted
Other _____	Other _____	Other _____	Other _____