**LifeSail Inc.**

**Youth Development Reflection Survey**

**Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ID#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This survey will help us to learn more about you and some of the things that we can work on together in the program. Only staff will read these surveys in order to work with you, and you will not be judged for what you put down. We appreciate you taking the time to answer these questions honestly.

For each statement, please mark only one box that best describes you.

|  | almost never | *less* than half the time | *more* than half the time | almost always |
| --- | --- | --- | --- | --- |
| 1. When I work on a team, I encourage others to do their best. |  |  |  |  |
| 1. If I don’t understand something, I will ask for an explanation. |  |  |  |  |
| 1. I enjoy doing things for other people, even when I don’t receive anything in return. |  |  |  |  |
| 1. I can speak in front of a group to share my ideas and opinions about things that matter to me. |  |  |  |  |
| 1. I can use my time and talent to make things better for others. |  |  |  |  |
| 1. I feel uncomfortable talking to people from different backgrounds. |  |  |  |  |
| 1. I try out new activities without fear of being criticized if I fail or make mistakes. |  |  |  |  |
| 1. When I make a promise, I keep it. |  |  |  |  |
| 1. When I apply myself to something, I am confident that I will succeed. |  |  |  |  |
| 1. I work well with others to get things done. |  |  |  |  |
| 1. If something bad happens because of a decision I’ve made, I will not blame other people. |  |  |  |  |
| 1. I volunteer to help with things. |  |  |  |  |
| 1. I am able to find and ask for the help I need to complete a project or an assignment. |  |  |  |  |
| 1. I am often too embarrassed to ask questions. |  |  |  |  |
| 1. I am a positive role model for my family, including siblings and cousins. |  |  |  |  |
| 1. I can talk with an adult if I need some information or advice about something. |  |  |  |  |
| 1. I can talk with a friend if I need some information or advice about something. |  |  |  |  |
| 1. When I see someone in need, I offer to help even when no one else steps up. |  |  |  |  |
| 1. When I get into a conflict with someone, I can resolve it without calling people names or hurting them. |  |  |  |  |
| 1. I can start a conversation with someone I don’t know well, like a new student in my class. |  |  |  |  |
| 1. I do the best work I can. |  |  |  |  |
| 1. I am proud of my work. |  |  |  |  |
| 1. I am willing to try something again even if I did not succeed the first time. |  |  |  |  |
| 1. When someone treats me with respect, I treat them with respect. |  |  |  |  |
| 1. People count on me to do the right thing. |  |  |  |  |
| 1. I make important contributions to my family and/or extended family. |  |  |  |  |
| 1. When I get frustrated, I figure out how to learn from it and get past it. |  |  |  |  |
| 1. When I learn something new, I set a goal for myself to improve or learn more. |  |  |  |  |
| 1. I say please and thank you. |  |  |  |  |
| 1. Before I do something, I think about how it will affect the people around me. |  |  |  |  |
| 1. When something makes me sad or tense, I have positive ways to deal with it; for example, talking to adults or friends, listen to music, exercise, etc. |  |  |  |  |

1. ***How much do you agree with the following statements:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *I have set goals and taken action towards achieving the following:* | Strongly Disagree | Somewhat Disagree | Somewhat Agree | Strongly Agree |
| 1. Graduating from high school. |  |  |  |  |
| 1. Going to college. |  |  |  |  |
| 1. Having a job that pays well. |  |  |  |  |
| 1. Living a healthy lifestyle. |  |  |  |  |
| 1. Doing community or volunteer work. |  |  |  |  |
| 1. Having good friends you can count on. |  |  |  |  |

If money would not be an object & you know you could not fail who would you become what would you do

No Dream \_\_\_ Wish \_\_\_ Dream \_\_\_