

Looking Back and Learning

1. My Physical Growth:

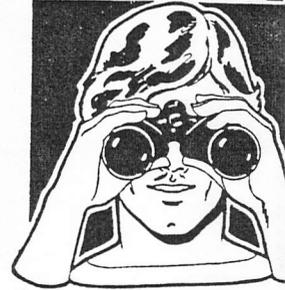
How am I different from what I was a year ago?
How do I feel about these differences?
Have they brought on any physical problems or dissatisfactions?

2. My Mental Growth:

Have my grades gone up or down?
Have my study habits gotten better or worse?
What is the most important thing I have learned in the past year?

3. My Relationships:

Jot down ways my relationships are better or worse with:
parents
brothers
sisters
teachers
schoolmates and friends
boyfriend or girlfriend



4. My Personal Behavior:

Am I dealing better or worse with emotions like: anger, discouragement, sexual desires?
Am I dealing better or worse with peer pressure in areas like drinking, sex, drugs, study, and attitude toward teachers?
Am I more or less self-controlled and self-disciplined?

5. My Spiritual Growth:

Is my personal prayer better or worse? How about my participation in Sunday worship?
What moral issues have I tried to think about and make a decision about in the past year?

◆ Grading Myself:

(Now go back over the five areas you have been thinking about and grade yourself. **A--excellent progress over the past year, B--some progress over the past year, C--just a little progress over the past year, D--no progress over the past year. F--loss during the past year.**)

◆ Dreaming:

Talk your grades over with others who love you and with God in prayer. As you do, dream a little about the year ahead. Ask yourself:

What would I like to see different at the end of this year?
What is my most persistent problem and what can I do about it in the year ahead?
What three goals can I set for the year ahead?

◆ Sharing:

With the group, share your grades and perhaps one or two other items that you think are important.