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**Do Well! Keep Growing!**

Think about some things that you do very well. These things may be hobbies, sports, or subjects at school. List these things below.

Then, make a list of things that you want to improve. It’s great to have these things listed, so that you can remember to work on them. Place a checkmark beside each thing that you need to work on after you have gotten better at it.

**Things that I do well:**

**Things that I can improve:**