

# Setting Intentions: Lesson Plan 1

## Student Agency

### Self-Assessment

#### INSTRUCTIONS

Read through the following list of statements, and circle the answer that is most true for you at this time.



Agency is  
"the force  
of your free  
will guided  
by moral  
discernment."



**1. I have the power to live a meaningful life.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**2. I know how to set realistic goals, and I can achieve them.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**3. When I set a goal, I know how to take steps to achieve it.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**4. There are people and organizations in my life to assist me.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**5. I have a moral framework for deciding what is right and wrong.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**6. I have a sense of control in my life.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**7. When things are not going well, I can take action to make improvements.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**8. I can change the world for the better.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**9. I can ask for help when I need support or guidance.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**10. I can seek accurate information to help me make smart decisions.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**11. I can bridge the gap between what is now and what ought to be in the future.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**12. I can control my impulses and not overreact when tempted.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**13. My efforts make a positive difference.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**14. I have a meaningful role to play in the world.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**15. I am an important member of my class and in my school.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**16. There are people in my life I can turn to for help.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

**17. I have a vital role to play in my community.**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

18. I can become what I choose to become.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

19. With effort, I can achieve success.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

20. I can tell myself "no" when necessary.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

21. If I work hard and apply myself, anything is possible for me.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

22. Even when things aren't perfect, I know I have the ability to make improvements.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

23. If I make a mistake, I can learn from it and correct it.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

24. I can overcome setbacks and challenges.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

25. I believe in myself and my ability to improve.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

26. My future is in my hands.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

27. My opinions are worthwhile.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

28. When I see something that is wrong, I take action.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

29. I consider other people's input, but I make my own decisions.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

30. I have the power to improve my life through my own actions.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

31. I have the ability to influence people around me for the better.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

32. When I apply effort, I can improve my test scores and GPA.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

33. Not everything comes easily to me, but with effort I can steadily improve in any area I choose.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

34. While I can't always predict or control what other people will do, I can control how I respond.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

35. I can make positive changes in my behavior when I see areas that need improvement.

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree

**Totals**

Strongly Disagree    Disagree    Neutral    Agree    Strongly Agree



### INSIGHT

Now, look over **your responses.**

Did you have mostly "Agrees" or mostly "Disagrees," or were you fairly even?

**The areas where you pick "disagree" may be opportunities to reflect and develop more agency in your life.**

Now, look over the statements you disagreed with and pick just one to work on for now. Put a star by that statement. Write it down several times a day. Think about why you feel this way.

**You have the power to change that.**

What have you learned about yourself? How can you make a change for the better?