Color-Coding Chaos Exercise

Just For Today

1) Write down everything you do. Be as specific as possible. Example: I am making breakfast. I am writing a paper. I am reading a news article. I am managing a conflict.

2) Rate yourself on the following scale.
   1 – A little good. Novice.
   2 – Somewhat good.
   3 – Good. OK. Independent with minimal help.
   4 – Very good.
   5 – Very, very good. An expert. Could teach someone else.

Complete the Statement: I am …….	Rating

Self-Exploration:

What surprised me about the activity?
What do I want to be a little better at?
What do I want to share?