

# SELF-MONITORING CHECKLIST

In lacrosse, “checking” is a strategy used to try to make your opponent drop the ball or stop making progress toward the goal.

In life, checking your work is important to help you not “drop the ball” and continue moving toward your goals. On a regular basis, review your work for common careless errors and make a list of these below. Always refer to your list before turning in your work. Over time, this checklist will become automatic for you and you can stop using it.

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