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| **Name:** Annabelle Ingelman | **Date:** March 3rd, 2021 |

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| [Related image](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwib9tK134HTAhVG12MKHQsVAS0QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **How does the artifact you selected demonstrate strengths & growth in the communication competency?**  **In what ways might you further develop your communication competency?** | **Self-Reflection**  *Describe how the artifact you selected shows your strengths & growth in specific core competencies. The prompt questions on the left - or other self-assessment activities you may have done - may guide your reflection process.*  The artifact I chose to reflect on is my PE 10 exercise goal. This was a 3-week assignment I did in PE class, where I created a fitness goal I could achieve at home. Throughout a period of 3 weeks, I worked towards this goal during the days I did school from home. My goal was to run 3km without walking, in 30 minutes or less. This assignment was a great way for me to grow in the Personal Awareness and Responsibility Core Competency.  I started this project by researching running programs that were similar to the goal I wanted to reach. Then I combined them to make my own plan, which I could do in 3 weeks. My plan involved 3 separate 30-minute runs per week, where I would alternate walking and running. I slowly increased the amount of running until the final day, where I ran for the whole 30 minutes without stopping. The process of creating this plan forced me to think more about myself, and how I could customize something to fit my goals. I had to create something that fit me personally, since this goal didn’t involve anyone else. This was a great way to teach me more about independence.  The runs I did were a great way for me to develop skills in motivation and perseverance. Some of them were pretty difficult, but I knew that in order to achieve the goal I couldn’t give up. Throughout the 3 weeks, I learned about myself and got stronger both physically and mentally.  To sum up, this exercise goal was an amazing way for me to think about my personal fitness and learn to create life goals. I grew in the Personal Awareness and Responsibility Core Competency by learning about my own well-being, creating a goal to fit my life, and keeping myself motivated to achieve the goal. |
| [Image result for core competencies BC](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjWzZCh34HTAhUBx2MKHXlPDCcQjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **How does the artifact you selected demonstrate strengths & growth in the thinking competencies?**  **In what ways might you further develop your thinking competencies?** |
| [Related image](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj1sYCv34HTAhVO7mMKHeQ2Am4QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **X**  **How does the artifact you selected demonstrate strengths & growth in the personal & social competencies?**  **In what ways might you further develop your personal & social competencies?** |

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