

Strengths and Sticking Points Observation Card

Voluntary reflection / Optional 5–8 minutes before class

Use one small event that has happened to know yourself, then choose one small experiment. There is no total score, type, ranking, or diagnosis. This is an original classroom reflection card, not validated by psychological measurement.

You can skip any question. Nothing has to be submitted or made public. Your answers stay on this page unless you choose “Save in this browser” ; they are not saved automatically. Clear them when you finish on a shared device. No account, network requests or AI analysis are involved.

01 • Look back at recent times, not your whole life

Think about the last time you started a task. Which approach feels closest to what you did?

Not answering now / Not sure / None of these

You can leave this blank. These prompts do not assess personality or ability.

When you recently got feedback you did not agree with, what did you do first?

Not answering now / Not sure / None of these

You can leave this blank. These prompts do not assess personality or ability.

When you have not started a task recently, which condition affects you the most?

Not answering now / Not sure / None of these

You can leave this blank. These prompts do not assess personality or ability.

Which of these habits might feel a little like you this time?

Not answering now / Not sure / None of these

You can leave this blank. These prompts do not assess personality or ability.

02 • Support with experience, then redesign the change

A recent small success: What did you do then? Do not write private identity or details

One strength I want to borrow, and the behavior that supports it

When might this strategy be overused? Also write one opposite experience

The context, resources, and support I need

Try only one adjustment this week: If I encounter..., I will first do...

When, where, and for how long? How to reduce one distraction?

Come back in 7 days: What did you do, did the strategy help, and how to change it next time?

Bring only the actions you are willing to share back to class.

In the personal action card, manually fill in one strength you are willing to use and one countermeasure for a sticking point. This page will not automatically send your choices or reflections.

Open your action card →



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Rebuilding a sense of physical meaning in the AI era

AHALab × ZimaBlueAI · Open learning materials · Not yet trial-taught · Anonymous teaching case; no app source code

