

Name: \_\_\_\_\_

Per: \_\_\_\_\_

### Accepting the Best / Changing the Rest

1=Strongly Agree

2=Agree

3=Undecided


4=Disagree

5=Strongly Disagree

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I am interesting to other people.   | 1 | 2 | 3 | 4 | 5 |
| 2. It doesn't take me very long to get used to anything new.   | 1 | 2 | 3 | 4 | 5 |
| 3. I like the way I look.  | 1 | 2 | 3 | 4 | 5 |
| 4. I can control my feelings.  | 1 | 2 | 3 | 4 | 5 |
| 5. I have ambition to achieve to the very best of my ability.  | 1 | 2 | 3 | 4 | 5 |
| 6. I act on my reasoning and judgment, rather than acting on emotions.   | 1 | 2 | 3 | 4 | 5 |
| 7. I am good at making things with my hands.   | 1 | 2 | 3 | 4 | 5 |
| 8. I don't get mad very often.   | 1 | 2 | 3 | 4 | 5 |
| 9. I can control my anger.   | 1 | 2 | 3 | 4 | 5 |
| 10. I am usually well rested and not tired.  | 1 | 2 | 3 | 4 | 5 |
| 11. I handle most of my problems well.   | 1 | 2 | 3 | 4 | 5 |
| 12. I think it is important to be honest at all times.   | 1 | 2 | 3 | 4 | 5 |
| 13. I don't give in very easily.   | 1 | 2 | 3 | 4 | 5 |
| 14. I have lots of confidence in myself.   | 1 | 2 | 3 | 4 | 5 |
| 15. I am happy most of the time.   | 1 | 2 | 3 | 4 | 5 |
| 16. I finish most things I start.  | 1 | 2 | 3 | 4 | 5 |
| 17. I always try to be fair.   | 1 | 2 | 3 | 4 | 5 |
| 18. I don't get jealous easily.  | 1 | 2 | 3 | 4 | 5 |
| 19. It is easy for me to be relaxed and at ease.   | 1 | 2 | 3 | 4 | 5 |
| 20. I solve problems quite easily.   | 1 | 2 | 3 | 4 | 5 |
| 21. I am a strong person.  | 1 | 2 | 3 | 4 | 5 |
| 22. I try to do what I think is right.   | 1 | 2 | 3 | 4 | 5 |
| 23. I look out for other people first, before myself.  | 1 | 2 | 3 | 4 | 5 |
| 24. Criticism doesn't upset me if I tried to do my best.   | 1 | 2 | 3 | 4 | 5 |
| 25. I like the way my body is shaped.  | 1 | 2 | 3 | 4 | 5 |
| 26. I like to meet new people.   | 1 | 2 | 3 | 4 | 5 |
| 27. I have decided on my sexual limits and can communicate these to others. (for example, saying "I don't feel comfortable when you...") | 1 | 2 | 3 | 4 | 5 |
| 28. I am a healthy person.   | 1 | 2 | 3 | 4 | 5 |
| 29. Others will often follow my ideas.   | 1 | 2 | 3 | 4 | 5 |

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|--|-----------|
| 30. I am smart.  | 1 2 3 4 5 |
| 31. I am a good student, and get good grades.                      | 1 2 3 4 5 |
| 32. I am a helpful person.   | 1 2 3 4 5 |
| 33. I can make up my mind and stick to it, even under pressure.    | 1 2 3 4 5 |
| 34. I am respectful of my feelings and needs, and those of others. | 1 2 3 4 5 |
| 35. I get along well with others.                                  | 1 2 3 4 5 |
| 36. I can be trusted in any situation.                             | 1 2 3 4 5 |
| 37. I'm not afraid to be unique, or different from everyone else.  | 1 2 3 4 5 |
| 38. I have a good sense of humor.                                  | 1 2 3 4 5 |

1) Now, put a  by 5 statements you are proud of.

2) Put a  by 3 things you would like to change, or improve about yourself.

3) Pick 1 of the things you'd like to change about yourself, and list 3 steps you could use to make that change happen this year.

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**PART 2:** Create an 8.5 x 11 poster with a motivating quote. It can be done by hand or on the computer. Be sure to put the author if it's not you! Examples:

