

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

# Rate Yourself:



## Optimism

Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the optimism skills listed.

2.) Circle the ones you feel you could improve upon.

*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ Positive attitude about school.

\_\_\_\_\_ Positive attitude about friends.

\_\_\_\_\_ Positive attitude about family.

\_\_\_\_\_ Good coping skills.

\_\_\_\_\_ Motivated to realize my goals.

\_\_\_\_\_ Don't give up easily.

\_\_\_\_\_ I'm a positive thinker.

\_\_\_\_\_ I'm accountable and hopeful.

\_\_\_\_\_ I have a 'can do' attitude.

\_\_\_\_\_ Other
