

Name: _____

Show Some Optimism

Optimism: means thinking and acting positively. Having a positive outlook. Being happy for yourself and others.

1 I have a good sense of humor: Always _____ Sometimes _____ Never _____

Your goal: _____

2 I am hopeful and find good in things: Always _____ Sometimes _____ Never _____

Your goal: _____

3 I am cheerful around friends and family: Always _____ Sometimes _____ Never _____

Your goal: _____

4 I have a positive attitude about school: Always _____ Sometimes _____ Never _____

Your goal: _____

5 I have a healthy outlook about things. Always _____ Sometimes _____ Never _____

Your goal: _____
