|  |  |  |
| --- | --- | --- |
| Emotional Skills | YES      | NO        |
| 1. I have a positive outlook, most the time. |  X |   |
| 2. I like who I am. |  X |   |
| 3. I know that I am good at doing something. |  X |   |
| 4. I know what I need to work on doing better |  X |   |
| 5. I learn from my mistakes |  X |   |
| 6. I can handle any life event |   |  X |
| 7. I know different emotions |  X |   |
| 8. I am happy about 5 out of 7 days |  X |   |
| 9. I know my positive qualities |  X |   |
| 10. I can cope with my feelings |  X |   |
| 11. I enjoy free time |  X |   |
| 12. I know how to have fun |  X |   |
| 13. I put my talents to use |  X |   |
| 14. I express myself through activities |  X |   |
| 15. I do activities I enjoy |  X |   |
| 16. I know activities to do when feeling down |  X |   |
| 17. I know activities to do when feeling angry |   |  X |
| 18. I take time to learn new activities that I like |  X |   |
| 19. I feel good about the activities I do |  X |   |
| 20. I do the best I can in all activities |  X |   |
|      Add total answers checked yes and no.        TOTALS |  18 |  2 |