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