

What skills are important for a positive Self-Concept

Directions: Check off all the actions that are important to achieving a positive self-concept. Check as many that apply. Explain why you checked what you did to your Big.

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| <input type="checkbox"/> Doing what you say you'll do | <input type="checkbox"/> Respecting others |
| <input type="checkbox"/> Forgetting about homework | <input type="checkbox"/> Squandering money |
| <input type="checkbox"/> Don't follow the rules | <input type="checkbox"/> Knowing your strengths and weaknesses and likes and dislikes |
| <input type="checkbox"/> Making good decisions | <input type="checkbox"/> Showing anger |
| <input type="checkbox"/> Not blaming others | <input type="checkbox"/> Showing empathy |
| <input type="checkbox"/> Doing what your friends tell you to do | <input type="checkbox"/> Turning problems into opportunities |
| <input type="checkbox"/> Showing caring and compassion | <input type="checkbox"/> Treating others, the way you want to be treated |
| <input type="checkbox"/> Setting physical goals | <input type="checkbox"/> Showing fairness |
| <input type="checkbox"/> Eating junk food | <input type="checkbox"/> Not getting enough sleep |
| <input type="checkbox"/> Broadening your horizons | <input type="checkbox"/> Acting on a whim |
| <input type="checkbox"/> Skipping school | <input type="checkbox"/> Admitting your mistakes |
| <input type="checkbox"/> Making excuses | <input type="checkbox"/> Avoiding harmful substances |
| <input type="checkbox"/> Treating others with courtesy and patience | <input type="checkbox"/> Telling yourself the truth |
| <input type="checkbox"/> Making sure your image and impressions reflect your true self | <input type="checkbox"/> Showing cooperation |
| <input type="checkbox"/> Telling lies | <input type="checkbox"/> Showing kindness |
| <input type="checkbox"/> Doubting yourself | |
| <input type="checkbox"/> Causing trouble | |
| <input type="checkbox"/> Managing talents | |