

# Instructions

There are six quizzes in this book about your favourite subject – YOU!

Take each quiz, thinking carefully about how true each statement is about you. Be honest in your responses – this is about making your life how you want it to be so there's no point cheating!!!

For each statement, give yourself a score of between 1 and 10. Imagine a line like this



A score of 1 is the worst you have ever been, and 10 is the very best you would like to be.

Record your score in the box next to the sentence. Add your scores together at the end of each quiz, and work out your percentage score (or ask your teacher).

Use the profile sheet at the back to look at your profile of skills and then set yourself some targets, using the target and planning sheet. Don't forget to check back to see how you are doing!

Good luck and enjoy the quizzes!

# QUIZ 1

## MY FEELGOOD FACTOR

Score



1. I feel comfortable working with anyone in my class.

2. I enjoy being with lots of different groups of people e.g. family, best friend, groups of friends, clubs or sports teams, religious groups etc.).



3. I believe that I have the power to make a difference to the way things are (e.g. in school) through what I do.

4. I have a good idea about what I am good at and what I am not so good at.



5. I feel good about being me.

5. I can tell you three things that other people like or admire about me.



6. I know the way I learn best, and what helps me to learn.

7. I could tell you three things that I have achieved in the last year.



8. I am good at knowing how I am feeling (e.g. proud, worried, embarrassed).

9. I am good at knowing how I might feel in lots of different situations.

