

## THINK ABOUT IT

# Do You Already Have Some of These Special Skills?

Read the following sentences and put a check mark next to the ones that already describe you. Later, you may want to look back on how you responded to these items. Congratulate yourself on skills you have, and focus on areas that you want to work on.

- When things are hard for me, I don't give up.
- When I run into challenges, I'm not afraid to ask for help.
- I try to start my work and my projects early. That way I don't have to rush through them at the last minute.
- I have a system that works for remembering what homework I need to do.
- I generally feel good about being me.
- If I make mistakes, I know that I can still feel good about being me.
- I mostly stay pretty organized.
- When I feel stressed, I know how to relax and refocus.
- If I have a project to do or have to study for a big test, I know how to stay motivated.
- I remind myself of things I am doing to succeed, such as spending time studying.