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**Lay it on the line**

**Self-regard is the ability to respect and accept oneself as you are. Place an X on the chart**

**below to indicate on each line where you rate yourself. In which areas are you satisfied or**

**dissatisfied? What could you do to improve the areas that need improvement?**

**Note: Balance is the key.**

**Total Slob Neat Freak**

Room should be condemned. Room is spotless, you could eat off the floor.

**<---------------------------------------------------------------------------------------------------------------- >**

**Hot Head Cool Operator**

Get angry about every little thing. Takes a great deal to get me angry.

**< --------------------------------------------------------------------------------------------------------------- >**

**Class Clown Quiet and Reserved**

I say things that usually make others laugh. I rarely tell jokes.

**< --------------------------------------------------------------------------------------------------------------- >**

**Total Jock Non-Athletic**

I love playing sports. I am not the least bit interested in sports.

**< --------------------------------------------------------------------------------------------------------------- >**

**Pessimist Optimist**

I see the glass half empty. I see the glass half full.

**< --------------------------------------------------------------------------------------------------------------- >**

**Leader Follower**

I have to be the boss. I never want to be in charge.

**< --------------------------------------------------------------------------------------------------------------- >**

**Chatterbox All Ears**

I love to talk. I’d rather listen.

**< --------------------------------------------------------------------------------------------------------------- >**

**My Lips are Sealed** **Gossiper**

I would never spread rumors. I love to tell “juicy” stories.

**< --------------------------------------------------------------------------------------------------------------- >**

**Couch Potato Health Fanatic**

TV and some junk food for me. Exercise and healthy foods are a must.

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