

JEOPARDY

| Sports & Fitness | Art & Music | Friends & Family | School Subjects | Just for Fun |
|------------------|-------------|------------------|-----------------|--------------|
| 10 | 10 | 10 | 10 | 10 |
| 20 | 20 | 20 | 20 | 20 |
| 30 | 30 | 30 | 30 | 30 |
| 40 | 40 | 40 | 40 | 40 |
| 50 | 50 | 50 | 50 | 50 |

Notes:

STRENGTHS INTERVIEW

Five of _____'s Strengths
Name of interviewee

1.

2.

3.

4.

5.

Interviewed by _____
Name



TOP 10

The top 10 people in my life:

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

The top 10 things I like to do:

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

The top 10 places I like to go:

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

TOP 10

(CONTINUED)

The top 10 things I'd like to own:

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

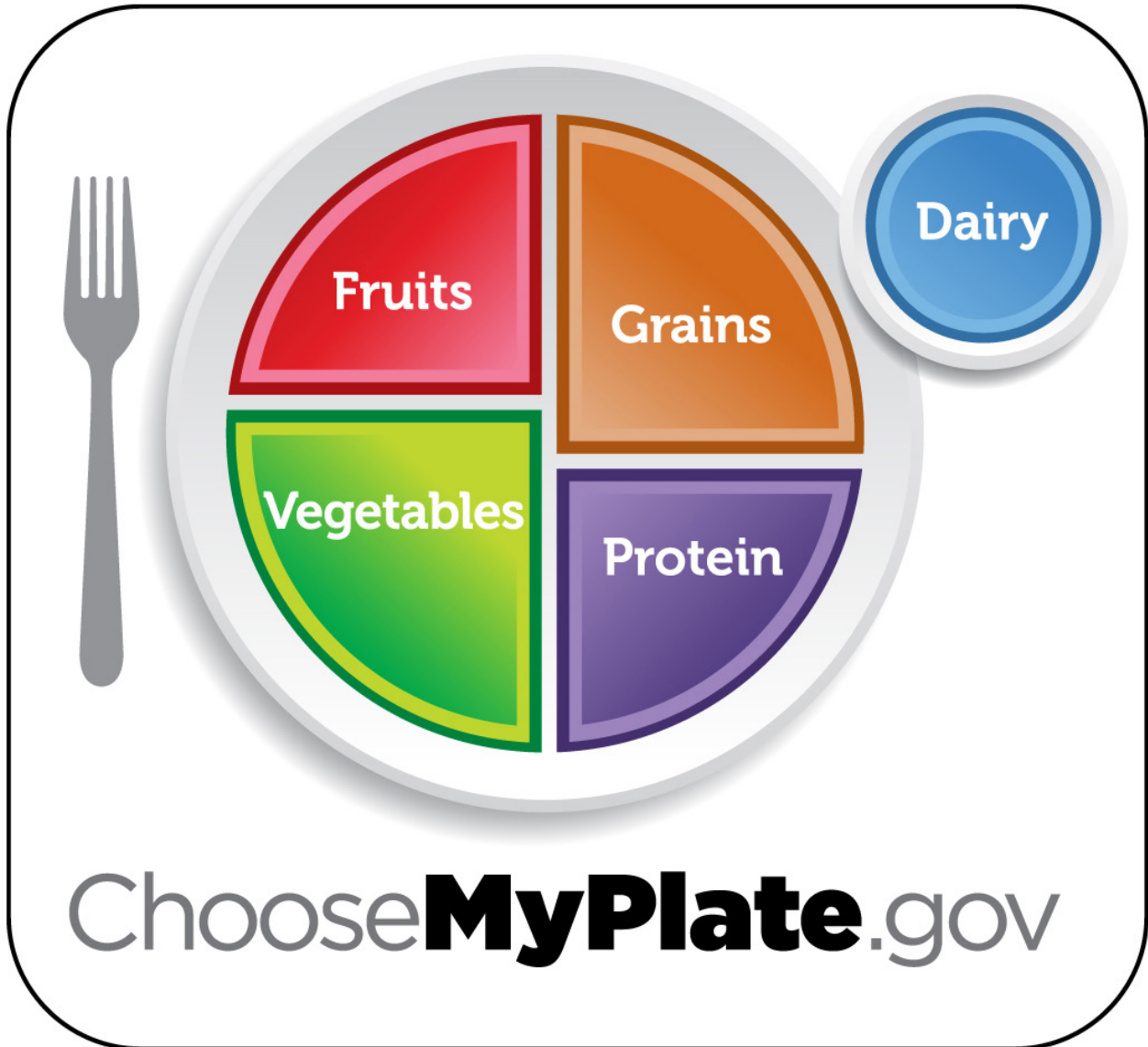
The top 10 rules I live by:

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

The top 10 dreams I have for the future:

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

MYPLATE



SAY YES TO LESS STRESS

| THE SOURCE | THE SIGNAL | I SAY YES TO LESS STRESS BY |
|------------|------------|-----------------------------|
| 1. | | a. |
| | | |
| | | |
| 2. | | b. |
| | | |
| | | |
| 3. | | c. |
| | | |
| | | |
| 4. | | d. |
| | | |
| | | |
| 5. | | e. |
| | | |
| | | |

GLOSSARY

affect: to have an influence on or cause a change in.

anxious: uneasy about an event or matter; worried.

concept: an abstract idea; a thought, notion, or plan.

effect: to bring about.

effective: 1. having an intended result or accomplishment. 2. producing a strong impression or response.

expertise: 1. skill or knowledge in a particular area. 2. expert advice or opinion.

foster: to promote the growth and development of; nurture; cultivate.

nutrient: a source of nourishment, especially a nourishing ingredient in a food.

objectivity: 1. being uninfluenced by emotions or personal prejudices. 2. basing opinions on observed facts.

perseverance: condition or state of staying with a course of action, belief, or purpose; steadfastness.

personal values: principles, standards, or qualities that a person considers worthwhile or desirable.

respect: 1. to feel or show regard, honor, or esteem. 2. to value.

self-esteem: 1. pride in oneself; self-respect. 2. a good opinion of oneself.

stress: a state of extreme difficulty, pressure, or strain capable of affecting physical health.