



SOLE SURVEY

First: _____ Last: _____

Date of Birth: Month _____ Day _____ Year _____

I have many positive qualities.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I accept myself the way I am.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I don't say or think negative things about myself.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I believe that I can achieve my dreams and goals.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I take good care of my body by eating healthy foods and exercising regularly.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I keep myself safe by not smoking, drinking, using drugs or having unprotected sex.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I stand up for myself if someone disrespects me.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

I choose friends who are a positive influence on me.

Strongly Disagree/Never	Not Sure/Sometimes	Strongly Agree/Often
1 2 3 4 5	6 7 8	9 10

1. What is one goal you want to achieve for yourself? _____

2. Who can you ask for help to help you to achieve this goal? _____

2. What strengths do you have that you may not be using to their full potential? _____