

Transition Portfolio



Personal Management Units:

Winning with Personal Power

Choosing the Best Career for You

Maximizing Your Options & Opportunities

Advocating for Your Future

Name: _____

School: _____

Class: _____

Date Began: _____

Date Completed: _____

Signatures:

Student Date

Teacher Date

Self-Esteem Review

1. Self-esteem or how you feel about yourself is one of the five basic human needs. Name two more of the five that you feel are being met right now:

2. The Self-Esteem Circle has three parts that affect each other. If a person thinks negative thoughts about themselves, how will they feel about themselves? What effect will these feelings have on this person?

3. On the Road to Personal Power, which area is your greatest strength?

4. Mark "L" beside those examples that show LOW self-esteem and that others are in control. Mark "H" beside those examples that show HIGH self-esteem and that you are in control.

___ put yourself down	___ do not do your best
___ know your gifts	___ critical of others
___ accept your mistakes	___ hold grudges
___ forgive others	___ win/win attitude
___ do not keep your word	___ value how you treat yourself