


# Assessment & Portfolio Guide

## Lesson 1: Respond Powerfully to Negative Comments


 How many positive things do you say to yourself each day?

## Lesson 2: Practice Changing Self-Talk from Negative to Positive

 Is your self-talk positive?  
If no, what is keeping you from thinking about and talking to yourself in a positive way?


 If yes, how has positive self-talk improved your life?

## Lesson 3: Practice Using Positive Statements

 Are you using the instant replay tool to change your thoughts and from negative to positive?

 If yes, what positive effects have you experienced?

## Lesson 4: Learn How to Handle Put-Downs

 How are you handling put-downs?