

# Assessment & Portfolio Guide




## Lesson 14: Practice Relaxation and Imaging Techniques

-  How can imagery positively affect your life?

## Lesson 15: Identify Behaviors that Affect Decision-Making

-  Which decision making steps are hardest for you?

## Lesson 16: Learn the Seven Decision-Making Steps


-  Why is it important to go through the decision-making steps when making a decision?

-  How can the decision steps help you make a good decision?

## Lesson 17 & 18: Practice the Seven Decision-Making Steps

-  **Apply Decision-Making Steps to Real-Life Situations**  
Think about a decision you made lately. Did you use the decision-making steps? ☐ yes ☐ no

-  If yes, describe the steps and how it turned out.

-  If no, describe how you could have used the steps and how it might have turned out.

## Lesson 19: Evaluate Your Self-Esteem Growth

- ☐ Examine your progress on your Personal Growth Goal and your Personal Power Self-Assessment Post-Test

-  How has your self-esteem and personal power grown over the last few weeks?

-  Put a copy of your Personal Power Self-Assessment Post-Test in your portfolio.

◆ THINK ABOUT THIS ◆

The future belongs to those who believe in  
the beauty of their dreams

## Eleanor Roosevelt

What does this quote mean to you?