

Assessment & Portfolio Guide

Lesson 1: Learn Habits that Lead to a Healthy Life



Name one healthy habit you already have and one you want to work on.

Lesson 2: Choose Habits for a Health Life



Based on the **Lifestyle Choices** checksheet, what lifestyle choices would you like to change?



Add the **Lifestyle Choices** checksheet to your *Transition Portfolio*.

Lesson 3: Think Positively about Good Health



What positive statement can you say to yourself when you are feeling sick?

Lesson 4: Practice Positive Thinking



List three affirmations you will use to practice positive thinking.



Add the **Affirmations** worksheet to your *Transitions Portfolio*.

Lesson 5: Know Your Basic Human Needs



What basic human need is most important to you at school?

Lesson 6: Learn about Your Mental Health Strengths and Needs



Describe two or more ways you are self-actualized.