

Check (✓) the item that you think is a characteristic of a healthy person and cross-out (x) if not.



1. Accepts others as they are



2. Faces problems and thinks about how to solve them



3. Feels insecure when other people are around



4. Has a healthy weight, exercises regularly, and eats healthful foods



5. Feels very lonely when his/ her parents are away working



6. Interacts with other people



7. Thinks he/she is sick and feels sad most of the time



8. Has a positive outlook in life



9. Accepts challenges and considers them opportunities for learning



10. Is able to share and exchange ideas with friends and family members