

1. How often do you skip daily exercise?
 _____ Very often _____ Sometimes _____ Almost never
2. Are you getting enough sleep?
 _____ Most of the time _____ Could use more
3. Do you drink enough water each day?
 _____ I try to _____ I need to do better
4. How often do you find yourself relying on caffeine to get through the day?
 _____ Very often _____ On occasion _____ Not often
5. How often do you skip breakfast and/or lunch and rely on junk food?
 _____ Very often _____ Sometimes _____ Almost never
6. Do you schedule or partake in downtime activities each week? Yes No
 If yes, list your three favorite downtime activities.
 a) _____ b) _____ c) _____
7. How would you rate your ability to delegate tasks to students in your classroom?
 _____ Could be better _____ Really good
8. How would you rate your skill at saying “no” to doing things that you don’t care about or that will take time away from your primary teacher’s tasks?
 _____ I’m good at it _____ I need to learn how to do it better
9. How well do you handle emotions like fear, sadness, or worry?
 _____ I think I handle them well _____ I need to work on doing better
10. Are you a person who is curious about things and enjoys exploring new ideas, skills, and people?
 _____ Yes, that’s me! _____ It depends on a variety of factors _____ Not for me
11. How would you rate your skills in speaking up about events and issues that bother you at school?
 _____ Not good at this _____ Need help to do this _____ I seldom hesitate to express my opinions
12. How would you rate your sense of humor?
 _____ Poor _____ Good _____ Excellent
13. How would you rate the quality of the social interactions and relationships you have at school, outside of school, and in life in general?
 School: _____ Excellent _____ Good _____ Fair _____ Not good at all
 Outside: _____ Excellent _____ Good _____ Fair _____ Not good at all
 Life: _____ Excellent _____ Good _____ Fair _____ Not good at all