

# GLOSSARY

**affect:** to have an influence on or cause a change in.

**anxious:** uneasy about an event or matter; worried.

**concept:** an abstract idea; a thought, notion, or plan.

**effect:** to bring about.

**effective:** 1. having an intended result or accomplishment. 2. producing a strong impression or response.

**expertise:** 1. skill or knowledge in a particular area. 2. expert advice or opinion.

**foster:** to promote the growth and development of; nurture; cultivate.

**nutrient:** a source of nourishment, especially a nourishing ingredient in a food.

**objectivity:** 1. being uninfluenced by emotions or personal prejudices. 2. basing opinions on observed facts.

**perseverance:** condition or state of staying with a course of action, belief, or purpose; steadfastness.

**personal values:** principles, standards, or qualities that a person considers worthwhile or desirable.

**respect:** 1. to feel or show regard, honor, or esteem. 2. to value.

**self-esteem:** 1. pride in oneself; self-respect. 2. a good opinion of oneself.

**stress:** a state of extreme difficulty, pressure, or strain capable of affecting physical health.

# JEOPARDY

Sports & Fitness	Art & Music	Friends & Family	School Subjects	Just for Fun
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50

Notes:

# STRENGTHS INTERVIEW

Five of \_\_\_\_\_'s Strengths  
Name of interviewee

1.

2.

3.

4.

5.

Interviewed by \_\_\_\_\_  
Name



# TOP 10

The top 10 people in my life:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

The top 10 things I like to do:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

The top 10 places I like to go:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

# TOP 10

(CONTINUED)

The top 10 things I'd like to own:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

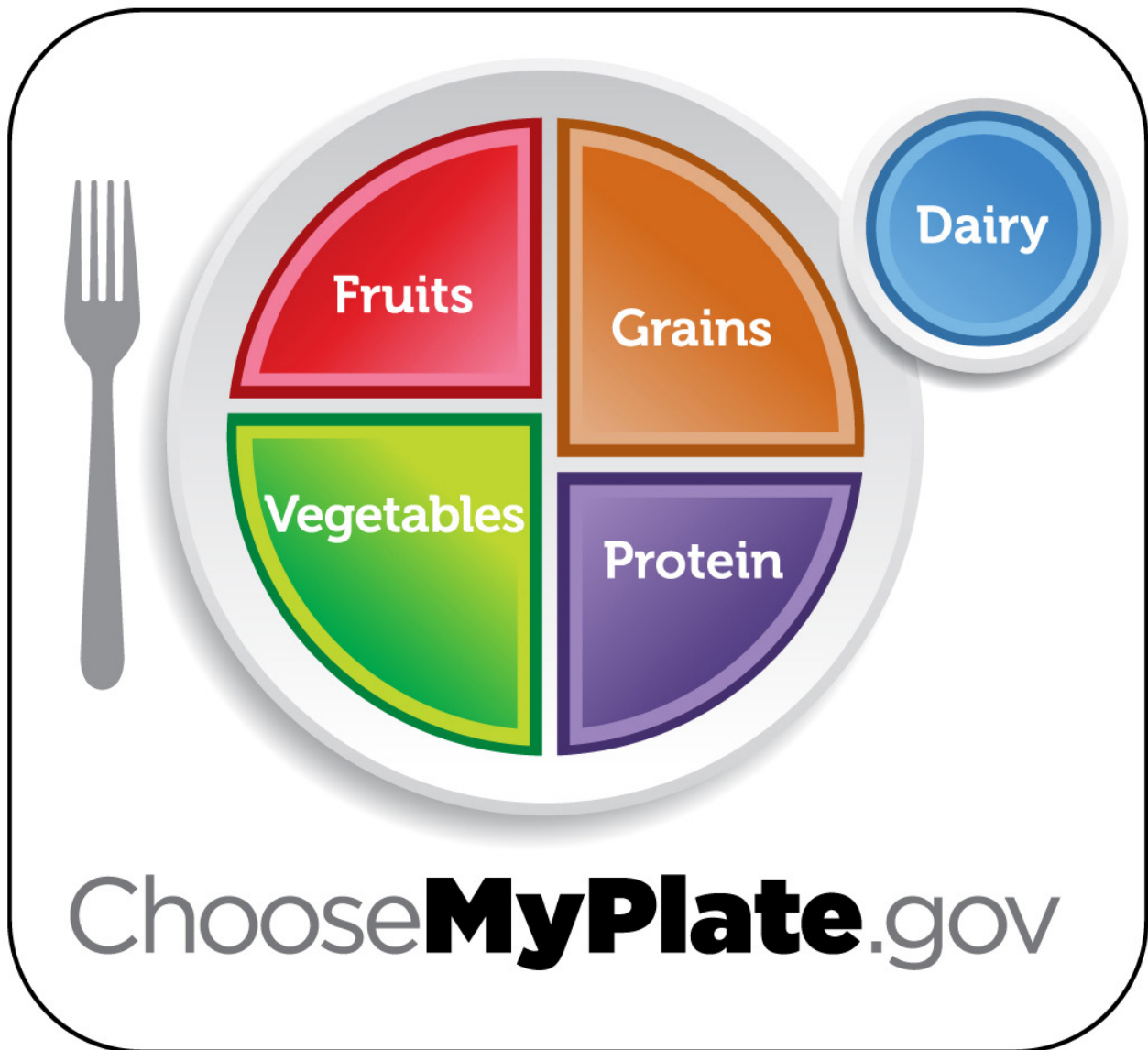
The top 10 rules I live by:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

The top 10 dreams I have for the future:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

# MYPLATE



# SAY YES TO LESS STRESS

THE SOURCE	THE SIGNAL	I SAY YES TO LESS STRESS BY
1.		a.
2.		b.
3.		c.
4.		d.
5.		e.