

## Resource 3a (Activity 3) Knowing Yourself Quiz

	true	fairly true	hardly true	not true
1 I take exercise three times a week. (exercise = breathing and heart rate increased for 20 minutes.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I eat a balanced diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I do not smoke.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I understand that how I feel is how I behave.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I can talk to someone if I have a problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I mix easily with new people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I am looking forward in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I pray/reflect on a daily basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I can appreciate beauty in nature.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I know who my friends are.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 I can be relied upon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Family celebrations are important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 In my schoolwork, I enjoy a challenge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 I always give my best in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 I agree that doing your best is more important than being the best.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	true	fairly true	hardly true	not true
<b>How many statements do you think are:</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Look at the statements where you answered hardly true, or not true. Which of the five elements of a whole person do they belong to? This could indicate areas of your life where changes could lead to a greater sense of happiness and contentment.

## Resource 3b (Activity 3) Personal Audit Sheet

Area of Health	Good Aspects	Things to Address
<b>Social</b> friends, family, community		
<b>Physical</b> fitness, diet, hygiene, smoking		
<b>Emotional</b> anger, sadness		
<b>Cognitive</b> learning, discipline, effort, achievement		
<b>Spiritual</b> Who am I? faith, understanding, peace		