Student Activity

Positive Action Standardized Test Success

Part I
Express your thoughts, actions and feelings about yourself for instance, your doubts or confidence about taking the standardized test. Write them in a few sentences below.

Part II
Use the Positive Action Skills for Greatness Checklist on the following page to choose three positive actions you can do to help you do your very best on the test. Write down how you will practice each of these positive actions between now and when you take the test.

1. ________________________________________________________________________
   ________________________________________________________________________
   ________________________________________________________________________
   ________________________________________________________________________

2. ________________________________________________________________________
   ________________________________________________________________________
   ________________________________________________________________________
   ________________________________________________________________________

3. ________________________________________________________________________
   ________________________________________________________________________
   ________________________________________________________________________
   ________________________________________________________________________

Remember, positive actions empower greatness with You!
### Positive Action Skills for Greatness Checklist

<table>
<thead>
<tr>
<th>Positive Skills</th>
<th>Negative Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeing the good in others</td>
<td>Showing empathy</td>
</tr>
<tr>
<td>Exercising</td>
<td>Turning problems into opportunities</td>
</tr>
<tr>
<td>Managing actions</td>
<td>Refusing to abuse (engage in unhealthy food, substances, behaviors)</td>
</tr>
<tr>
<td>Showing appreciation</td>
<td>Treating others the way you want to be treated</td>
</tr>
<tr>
<td>Learning that there is a positive way to do everything</td>
<td>Showing fairness</td>
</tr>
<tr>
<td>Making good decisions</td>
<td>Avoiding illnesses</td>
</tr>
<tr>
<td>Managing feelings</td>
<td>Learning that you feel good about yourself when you do positive actions</td>
</tr>
<tr>
<td>Getting enough sleep and rest</td>
<td>Managing thoughts</td>
</tr>
<tr>
<td>Not blaming others</td>
<td>Being able to solve problems well</td>
</tr>
<tr>
<td>Showing personal cleanliness</td>
<td>Having good thinking skills</td>
</tr>
<tr>
<td>Being motivated to learn</td>
<td>Telling others the truth</td>
</tr>
<tr>
<td>Avoiding bullying</td>
<td>Managing possessions</td>
</tr>
<tr>
<td>Setting intellectual goals</td>
<td>Believing in your potential</td>
</tr>
<tr>
<td>Managing time</td>
<td>Avoiding harmful substances</td>
</tr>
<tr>
<td>Setting physical goals</td>
<td>Understanding that positive thoughts lead to positive actions, that lead to positive feelings about yourself, that lead to more positive thoughts</td>
</tr>
<tr>
<td>Being in touch with reality</td>
<td>Telling yourself the truth</td>
</tr>
<tr>
<td>Maintaining good nutrition</td>
<td>Managing energy</td>
</tr>
<tr>
<td>Showing kindness</td>
<td>Showing cooperation</td>
</tr>
<tr>
<td>Not making excuses</td>
<td>Persisting</td>
</tr>
<tr>
<td>Saying nice things to others</td>
<td>Having good study habits</td>
</tr>
<tr>
<td>Having courage to try</td>
<td>Refusing to rationalize</td>
</tr>
<tr>
<td>Making good choices</td>
<td>Maintaining good dental hygiene</td>
</tr>
<tr>
<td>Managing talents</td>
<td>Setting social and emotional goals</td>
</tr>
<tr>
<td>Showing respect</td>
<td>Broadening your horizons</td>
</tr>
<tr>
<td>Knowing your strengths and weaknesses</td>
<td></td>
</tr>
<tr>
<td>Managing money</td>
<td></td>
</tr>
</tbody>
</table>

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Unit 1 Philosophy and Circle
✓ Learning that you feel good about yourself when you do positive actions
✓ Learning that there is a positive way to do everything
✓ Understanding that positive thoughts lead to positive actions, that lead to positive feelings about yourself, that lead to more positive thoughts

Unit 2 Physical Positive Actions
✓ Showing personal cleanliness
✓ Maintaining good nutrition
✓ Exercising
✓ Getting enough sleep and rest
✓ Maintaining good dental hygiene
✓ Avoiding illnesses
✓ Avoiding harmful substances
✓ Refusing to abuse (engage in unhealthy food, substances, behaviors)

Unit 3 Social and Emotional Positive Actions for Managing Yourself Responsibly
✓ Managing thoughts
✓ Managing feelings
✓ Managing actions
✓ Managing time
✓ Managing energy
✓ Managing money
✓ Managing possessions
✓ Managing talents

Unit 4 Social and Emotional Positive Actions for Getting Along with Others
✓ Treating others the way you want to be treated
✓ Seeing the good in others
✓ Showing respect
✓ Saying nice things to others
✓ Showing appreciation
✓ Showing empathy
✓ Showing fairness
✓ Showing kindness
✓ Showing cooperation
✓ Avoiding bullying

Unit 5 Social and Emotional Positive Actions for Being Honest with Yourself and Others
✓ Telling yourself the truth
✓ Telling others the truth
✓ Not blaming others
✓ Not making excuses
✓ Being in touch with reality
✓ Refusing to rationalize
✓ Knowing your strengths and weaknesses

Unit 6 Social and Emotional Positive Actions for Improving Yourself Continually
✓ Setting physical goals
✓ Setting intellectual goals
✓ Setting social and emotional goals
✓ Believing in your potential
✓ Having courage to try
✓ Turning problems into opportunities
✓ Persisting
✓ Broadening your horizons