

PART 4
PERSONAL SUCCESS
PORTFOLIO

PERSONAL SUCCESS PORTFOLIO

My Definition of Success (p. 5)

Positive Qualities I Will Develop (p. 16)

My Greatest Strengths (p. 26)

Aspects of My Identity I Value Most (p. 36)

PERSONAL SUCCESS PORTFOLIO

Dreams I Will Make a Reality (p. 53)

- DREAM #1 _____
- DREAM #2 _____
- DREAM #3 _____

Values I Will Use to Guide My Choices (p. 56)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My Five Most Important Personality Traits (p. 62)

_____	_____
_____	_____
_____	_____

My Strongest Skills (p. 67)

Skills I Will Develop (p. 68)

Interests I Will Explore (p. 74)

Careers I Will Explore (p. 80)

PERSONAL SUCCESS PORTFOLIO

My Long-Term and Short-Term Goals (p. 91)

Goal #1	Goal #2	Goal #3
<div></div>	<div></div>	<div></div>
Short-Term Goals	Short-Term Goals	Short-Term Goals
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>

Internal Obstacles I Know How to Face (p. 97) _____

External Obstacles I Know How to Face (p. 97) _____

My Personal Stressors (pp. 109–110)

My Stress Relievers (pp. 109–110)

My Personal Anger Triggers (p. 115)

My Anger Strategies (pp. 114–116)

PERSONAL SUCCESS PORTFOLIO

Three Actions I Will Take to Build My Social Support Network (p. 133)

Goals I Will Accomplish to Raise My Self-Expectancy (p. 138)

Goal #1 _____

Goal #2 _____

Goal #3 _____

Goal #4 _____

Goal #5 _____

Goal #6 _____

Three Problems I Will Face (p. 139)

Three Affirmations I Will Use to Disarm the Inner Critic (p. 155)



SELF-ESTEEM DECLARATION

I like and value myself as I am now, with whatever weaknesses I have.

Signed (YOUR NAME) _____

(PLACE AND DATE) _____

PERSONAL SUCCESS PORTFOLIO

Six Positive Habits I Will Adopt (pp. 173–182)

To look for the good, I will _____

To choose positive words, I will _____

To surround myself With positive people, I will _____

To be more accepting, I will _____

To limit complaints, I will _____

To reduce worrying, I will _____

Four Actions I Will Take for My Health (p. 187)

Five Questions I Will Use to Dispute My Irrational Beliefs (pp. 200–201)

_____?

_____?

_____?

_____?

_____?

PERSONAL SUCCESS PORTFOLIO

Areas in Which I Will Build Self-Discipline (pp. 210–211)

Impulses I Will Resist (pp. 213–217)

Changes I Will Make (p. 220)

Critical Thinking Habits I Will Adopt (pp. 233–235)

Decision-Making Practices I Will Adopt (pp. 239–250)

PERSONAL SUCCESS PORTFOLIO

Intrinsic Goals I Will Strive to Accomplish (p. 259)

Actions I Will Take to Better Meet My Needs (pp. 263–270)

Physical Needs

Security Needs

Social Needs

Esteem Needs

Self-Actualization Needs

What I Will Say to Myself to Overcome Fear of Failure (pp. 272–275)

What I Will Say to Myself to Overcome Fear of Success (pp. 275–279)

What I See When I Visualize Myself in the Future (pp. 283–284)

PERSONAL SUCCESS PORTFOLIO

Activities That Are Most Important to Me (pp. 291–294)

Activities That Are Urgent But Not Important (pp. 295–296)

Actions I Will Take to Get More and Better-Quality Sleep (p. 294)

Actions I Will Take to Beat Procrastination (pp. 302–306)

How I Want to Spend My Money (pp. 310–314)

How I Don't Want to Spend My Money (pp. 319–320)

Actions I Will Take to Reduce My Spending (pp. 320–322)

PERSONAL SUCCESS PORTFOLIO

Strategies I Will Use to Overcome Communication Barriers (pp. 332–334)

Strategies I Will Use to Improve My Speaking Skills (pp. 340–344)

Strategies I Will Use to Improve My Listening Skills (pp. 344–346)

Ways I Will Show Empathy to Others (pp. 353–356)

Things I Will Dare to Self-Disclose (p. 360)

Ways I Will Handle Conflict Better (pp. 362–364)
