

Being My Own Best Friend!

Eleanor Roosevelt, human rights activist and First Lady of the United States, said, "Friendship with oneself is all-important, because without it one cannot be friends with anyone else." Check off the actions you take as your own best friend.

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| <input type="checkbox"/> Eat healthfully | <input type="checkbox"/> Speak up for myself | <input type="checkbox"/> Am honest with myself |
| <input type="checkbox"/> Avoid weird diets | <input type="checkbox"/> Observe safety rules | <input type="checkbox"/> Seek help when I need it |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Get enough sleep | <input type="checkbox"/> Take time to relax |
| <input type="checkbox"/> Study | <input type="checkbox"/> Choose caring friends | <input type="checkbox"/> Think for myself |
| <input type="checkbox"/> Other: _____ | | |

You're Terrific, Too!

The ancient sage Hillel taught, "What is hateful to you do not do to any person." Put another way, if you know how to treat yourself well, you will also know how to treat others. (Hmm, maybe Eleanor Roosevelt studied those words . . .) Check off the actions you take that show you appreciate and value others.

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| <input type="checkbox"/> Help others | <input type="checkbox"/> Act loyally |
| <input type="checkbox"/> Avoid gossip | <input type="checkbox"/> Treat others kindly |
| <input type="checkbox"/> Share what I have | <input type="checkbox"/> Avoid stereotyping others |
| <input type="checkbox"/> Keep an open mind | <input type="checkbox"/> Treat others fairly |
| <input type="checkbox"/> Consider others' feelings | <input type="checkbox"/> Wait my turn |
| <input type="checkbox"/> Respect others' privacy | <input type="checkbox"/> Tell the truth |
| <input type="checkbox"/> Other: _____ | |