

MENTAL FITNESS PORTRAIT

PORTRAIT OF COMPETENCE

- I am able to use my strengths and talents constructively
- I have the feeling that I have accomplished something
- I feel efficient and capable
- I like challenges; they do not frighten me
- I am motivated and interested
- I persevere
- I make an effort when faced with a new task
- I am committed
- I feel like I am worth something
- I am optimistic
- I am proud of myself
- I believe in myself
- I have high self-esteem



PORTRAIT OF RELATEDNESS

- I like going to school/work; I feel like I belong there
- I have my place at school/work and in my community
- I have friends in my class/workplace/ community
- I am committed and get involved easily
- I like interacting with others
- I take part in a variety of activities (sports, art, etc.)
- I am enthusiastic
- I feel encouraged and supported by others
- I feel that I am liked and accepted
- I respect others
- I am respected
- I pay attention to others
- I help others
- I am authentic in my relationships with others



PORTRAIT OF AUTONOMY

- I am curious and interested in learning
- I agree to make an effort at work
- I put the necessary time into my learning
- I am motivated
- I feel free to make decisions
- I make choices that are important to me
- I accept responsibility for, and the consequences of, my choices
- I feel free to do, or not to do, certain things
- I can find solutions to certain problems
- I am responsible for my behaviour
- I respect myself
- I am respectful of others

