



Name: _____

Date: _____

Program: _____

Circle One: Pre Post

Answer to the best of your ability	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
1 I have goals for the future					
2 I achieve goals that I set					
3 I have a good support system					
4 I ask for help when I need it					
5 I am important and valued					
6 When I'm sad I like to talk about it					
7 I trust my judgement					
8 I know the difference between healthy/unhealthy risks					
9 I am overall a happy person					
10 I like to work with others					
11 I strive to be a better person					
12 I am comfortable in a leadership role					
13 I am easily influenced by others					
14 My actions affect others					
15 I have healthy relationships					
16 Change is a positive thing					
17 I have control over my life					
18 I like to think outside the box					
19 I trust other people					
20 I feel empowered in my life					

All information on this form is completely confidential, and is only for the use of Tewa Roots Society