

	NOT AT ALL LIKE ME	A LITTLE LIKE ME	MOSTLY LIKE ME	EXACTLY LIKE ME
1. I am rarely in a hurry.				
2. When I'm irritated, I know how to soothe myself.				
3. I feel grateful for the good fortune in my life.				
4. My cellphone is out of sight during dinner with others.				
5. People describe me as a good listener.				
6. I like to help others.				
7. Receiving help is comfortable for me.				
8. I feel like I have what I need most of the time.				
9. The people I live with feel appreciated by me.				
10. When I make mistakes, I know I can always start over.				

