

Takes care of personal hygiene in multiple ways	22
Talks about future plans with positive feelings	15
Exercise on a generally regular basis	13
Eats healthier and healthier	10
Has good posture (upright instead of slumping)	10
Takes care of self	10
Asks for help when they don't know something, offers others help	9
Cares about appearance within means and culture (dresses and presents well)	8
Has hope for the future	8
Has goals and dreams	8
Employed in some form of work suitable for their situation	7
Is goal orientated, ambitious	7
Smiles and laughs easily	6
Learns new knowledge and skills, takes classes, in school	6
Attends school	6
Expresses interest in things and people	5
Takes vacation	5
Takes care of medical needs	5
Goes to work everyday when employed unless ill	5
Plans for a better life	4
Plays or is playful	4
Protects self from risky behavior (sex, drugs, etc)	4
Smiling, affirming another is worthy	4
Wants to go out	4
Does things for self and others	4
Expresses preferences	4
Happy, pleasant mood	4
Expresses satisfaction, contentment, and pride in accomplishments	3
Makes eye contact with others when culturally appropriate	3
Expresses confidence	3
Speaks clearly and with confidence	3
Laughs easily	3
Sleep hygiene is high	3
Feels content	3
Cares for pet	3
Takes vacations by self or with others	3
Goes out to eat with others	3
Demonstrates pride by self-care	3
Proud of self	3
Openness about self and others	3
Takes vacations by self or with others	3
Changes their lives for themselves, their children, families	2
Talks about their life, past experiences in positive ways	2
Talks about things they enjoy	2
Uses humor appropriately (non-shaming, not at others' expense)	2
Uses positive words and words of connection	2
Reduces risky behavior such as drug use	2
Thinks creatively, is curious	2
Saves money, for future and to buy special things	2
Has friends, spends time in constructive social ways with them	2
Appreciative of friendship, nature, activities	2
Attends to personal issues using appropriate levels of care / treatment	1
Willing to communicate to the best of their ability	1
Takes time for themselves	1
Displays evidence of having energy and enthusiasm	1
Participates in discussions and conversations	1
Plants a garden	1
Looks for the bright side	1
Willing to ask difficult questions	1
Talks things out to preserve self	1
Giving back to others	1
Good self-care (needs examples)	1
Sets a good example for others	1
Takes good care of their health	1
Engagement in activities	1
Expresses that they feel needs by other	1
Surrounding self with beauty	1
Celebrates specific occasions	1
Feelings of belonging	1