



Name: _____

Date: _____

Vocabulary

- **Positive factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a good outcome or increase your chances of success
- **Negative factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a bad outcome or decrease your chances of success

Warm-Up

Christina wants to pursue her interest in photography.

1. What would make it easier for Christina to succeed?

2. What might stand in Christina's way?

Activity: Partner Share

Instructions: Write down an interest you have. On the back of the handout, circle one positive factor and one negative factor in the table that could influence your interest. With your partner, answer the questions based on your interest and the factors you circled.

My interest: _____



Activity: Partner Share (cont.)

Possible Positive Factors	Possible Negative Factors
Encouragement from friends	Lack of support from others
Study group	Stress
Help from teachers	Lack of sleep
Confidence	Inconsistent diet
Staying active	Low self-esteem
Growth mindset	Fixed mindset
A stable support group	Criticism
Other:	Other:

1. How can you make the most of the positive factor you chose so that you increase your chances of success with your interest?

2. How can you decrease the effects of the negative factor you chose that gets in your way?

Wrap-Up

Who are some people in your life that can help you increase positive factors and decrease the effects of negative factors?
