

Life Skills

Lifelong Skills

Trustworthiness
Truthfulness
Active listening
No put downs
Personal best

These 5 Lifelong Guidelines are embodied in the following Lifeskills according to Susan Kovalik.

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| Integrity | To conduct oneself according to a sense of what's right and wrong |
| Initiative: | To do something because it needs to be done |
| Flexibility: | The ability to alter plans when necessary |
| Perseverance: | To continue in spite of difficulties |
| Organization: | To plan, arrange, and implement in an orderly way; keep things in an orderly, readily-usable way |
| Sense of Humor: | To laugh and be playful without hurting others |
| Effort: | To try your hardest |
| Common Sense: | To use good judgment |
| Problem-Solving: | To seek solutions in difficult situations and everyday problems |
| Responsibility: | To respond when appropriate, to be accountable for your actions |
| Patience: | To wait calmly for someone or something |
| Friendship: | To make and keep a friend through mutual trust and caring |
| Curiosity: | A desire to learn or know about one's world |
| Cooperation: | To work together toward a common goal or purpose |
| Caring: | To feel concern for others |