

Life-Skill development ... building one/time

Create an index card with a two sentence description

- Tape to a wall
- Repeat it at least once/ day

Try to implement the life-skill in your everyday activity

Journal a narrative how you are dealing the Life-skill and have your grown your thought

Reflect on your growth or lack of growth.

Initial life-skills

Goal setting / Planning
Decision making keptner-Trego
Empathy / enhanced listening
Info. Mapping
Developing a team
Problem solving
Customer focus

