

LIFESKILLS TO HELP ME DO MY PERSONAL BEST
(LIFESKILLS from S. Kovalik & Associates)

ORGANIZATION	is my ability to plan, arrange, and implement in an orderly way.
FLEXIBILITY	Is my ability to alter plans when necessary.
PROBLEM SOLVING	is when I seek solutions in difficult situations and everyday problems.
PERSEVERANCE	is my ability to continue in spite of difficulties.
RESONSIBILITY	is so I can respond when appropriate, and be accountable for my actions.
EFFORT	for when I try my hardest.
INTEGRITY	is when I conduct myself according to what's right and wrong.
COMMON SENSE	is when I use good judgment.
COOPERATION	for when I work with others towards a common goal.
PATIENCE	for when I need to wait calmly someone or something.
SENSE OF HUMOR	so I can laugh and be playful without hurting others.
CARING	is so I can feel concern for others.
CURIOSITY	is my desire to learn about the world around me.
COURAGE	is when I act according to my beliefs.
FRIENDSHIP	so I can make and keep a friend through mutual trust and caring.
INITIATIVE	is so I can do something because it needs to be done.
PRIDE	is the satisfaction I get from doing my personal best.
RESOURCEFULNESS	is to meet challenges and opportunities in an innovative and creative way.
JOIE de VIVRE	is my ability to enjoy each and every day to its fullest.