

Life Skills Training Chart

Rate each Life Skill on a scale of 1 (low) to 10 (high), first on how important you think it is,
and second on how willing you are to work on it.

The Body	Importance	Willingness
Forming Healthy Habits: work on posture, exercise, cleanliness, responsibility, etc.		
Gaining Control of Your Diet: eat well-balanced meals with minimum of junk food		
Getting Up in the Morning: wake up with cheerfulness and enthusiasm		
Feelings		
Nurturing Even-Mindedness: change anger & resentment into calmness /acceptance		
Making Friends: learn to listen, help, share, and more		
Choosing Happiness: develop a positive attitude toward life		
Practicing Peace: live in a state of centeredness and contentment		
Working with Others: bring harmony and sincerity into your relationships		
Expanding Sensitivity: appreciate beauty in music, nature, and other people		
Will Power		
Cultivating Courage: overcome worry; face challenges with energy & determination		
Building Will Power: develop perseverance, initiative, and self-control		
Intellect		
Developing Concentration: ignore distractions and focus attention		
Exploring Flexibility: be open to new ideas and experiences; let go of old patterns		
Sharpening the Mind: develop clarity, memory, imagination, and observation		
Living Truth: speak, think, and act with integrity		

Notes: _____

Name _____ Start Date _____ End Date _____ (8/16)