

Healthy Habits

Taking good care of your health includes: • eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; and going to the doctor and dentist regularly.

Life Skills

Life skills are called the “nuts and bolts” of your skill-based toolkit. They include: • earning, managing, and sharing money wisely; • managing your time well; • being organized; • goal management; • learning how to use transportation; • home care such as cooking and cleaning; • skills that will help you find and keep a good job; • and understanding communication protocols.

Love of Learning

Love of Learning: A love of learning is a passionate interest in gaining knowledge about the world and your place in it; • working hard in school to learn and improve your skills; • being curious and pursuing subjects that interest you; • applying your learning strengths; • finding ways to address learning challenges; and • having a growth mindset instead of a fixed mindset.

Emotional Competence

Emotional Competence is the ability to identify and manage emotions to support your progress in the world. This includes: • knowing how to nourish your emotional state; • coping with failure or loss; • controlling impulses and using good judgement before you act; • taking turns, • delaying personal gratification; • and adjusting your emotions to be sensitive to other people's emotions and conditions.

Social Skills

Social skills are knowing what's expected and how to act in differing social situations; • how to interact with different ages and walks of life; and • how to handle strangers, including those in need or those causing problems. Social skills are demonstrated through body language and eye contact and by what you say or don't say. They are necessary for building relationships and resolving conflicts.

Positive Relationships

Positive relationships enhance the well-being of all individuals involved. This mutual connection includes trust, • resolving conflicts respectfully; • caring and • communication. You choose to be close to people who have • good values; • give you the support and guidance you need; and • encourage you to be your best. You treat others in ways you want to be treated. You invest in building relationships outside your immediate circle.

Spiritual Growth

Spiritual growth is an awareness of your inner spirit or soul and your connection with the sacred or wider universe. As you discover your beliefs, you grow a sense of identity and meaning in life, which in turn strengthens your bonds to humanity and the world.

Character

Character: • decision making grounded in a clear sense of right and wrong; • valuing diversity and acting selflessly for the good of an individual or others; • being honest, • acting out of “moral emotions” rather than snap judgements or inflammatory emotions; • respecting laws and authority; and • consistently aligning your actions and values. People of strong moral character do the right thing even when it is not easy.

Caring

A caring person honors and protects all living things and the world's resources. Caring is showing empathy towards others—including those who are different. When you are caring, you stand up for fairness and freedom from discrimination, and you share your skills and treasures to improve the lives of those around you.

Confidence

Confidence is having the feeling that you will be able to do what you set out to do. True confidence is built upon believing in yourself and valuing your talents and abilities; • applying your strengths to areas of self-doubt or things that are hard to change; • working to enhance skills; • and standing up for what you believe. Confidence is having a realistic and optimistic awareness of yourself and your opportunities.

Persistent Resourcefulness

Persistent resourcefulness is the ability to: • suffer wisely; • face challenges and learn the lessons; • find creative solutions ; • engage people and resources to help you succeed; • hold on to hope and keep trying.

Purpose

Purpose is a clear vision of: • where you want to go, • what you want in life, and • why. Purpose reaches beyond self to a desire to contribute to the world. There is a commitment to activities that grow this purpose and a plan for pursuing dreams. Purposeful effort leads to a feeling of joy.