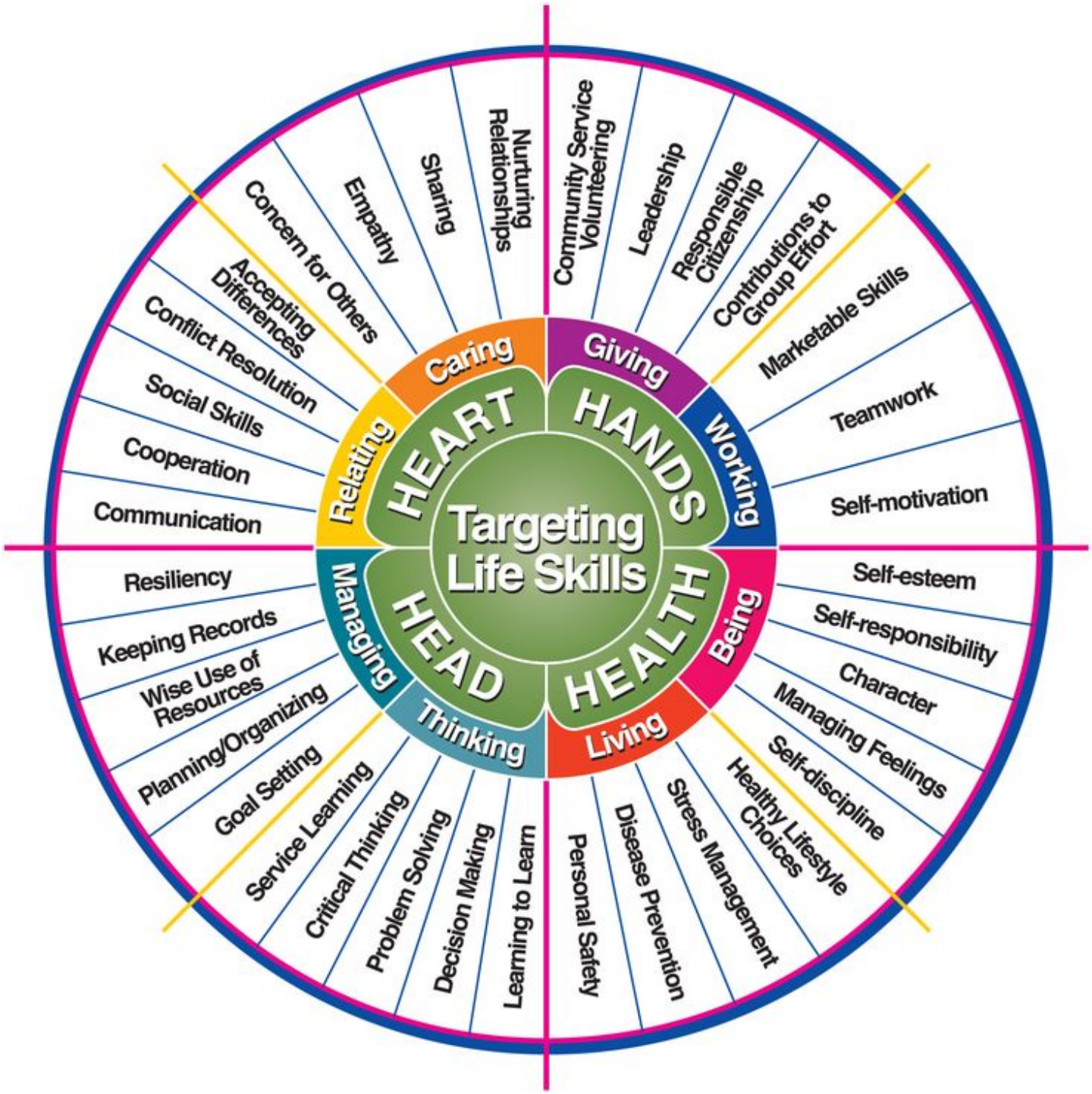
Targeting Life Skills
HEART
HANDS
HEAD
HEALTH
Caring
Giving
Relating
Working
Managing
Being
Thinking
Living
Nurturing Relationships
Sharing
Empathy
Concern for Others
Accepting Differences
Conflict Resolution
Social Skills
Cooperation
Communication
Community Service Volunteering
Leadership
Responsible Citizenship
Contributions to Group Effort
Marketable Skills
Teamwork
Self-motivation
Self-esteem
Self-responsibility
Character
Managing Feelings
Self-discipline
Healthy Lifestyle Choices
Stress Management
Disease Prevention
Personal Safety
Learning to Learn
Decision Making
Problem Solving
Critical Thinking
Service Learning
Goal Setting
Planning/Organizing
Wise Use of Resources
Keeping Records
Resiliency