

LIFELINES

ACTIVE LISTENING: To use your ears, eyes, heart and undivided attention when needed.

CARING: To feel and show concern for others.

COMMON SENSE: To make good choices.

COOPERATION: To work together toward a common goal.

COURAGE: To be brave.

CREATIVITY: To use your imagination.

EFFORT: To work hard.

EMPATHY: To understand and experience the feelings of others.

FORGIVENESS: To let go of anger and resentment.

FLEXIBILITY: To be willing to change plans.

FRIENDSHIP: To care about another person.

GRATITUDE: To be thankful.

INTEGRITY: To tell the truth and do what is right even when no one is looking.

INITIATIVE: To do something that needs to be done without asking.

JOY: To choose to be happy and share that with others.

MANNERS: To use social skills in different situations.

ORGANIZATION: To plan, arrange and keep things in order.

PATIENCE: To wait without complaining.

PERSEVERANCE: To keep trying and not give up.

PERSONAL BEST: To be the best you can be.

PROBLEM SOLVING: To create solutions.

RESPECT: To treat others the way they should be treated.

RESPONSIBILITY: To be accountable for your actions.

SELF CONTROL: To be in control of what you do and say.

TRUST: To be dependable and truthful.

WELLNESS: To take care of your body and mind.

