Life Skills Journal

Life skills are learned abilities that help people deal with the demands and challenges of life. These skills enable a person to become productive members of their community. What are some of these skills? They are a diverse set including: problem-solving, decision making, thinking both creatively and critically, communicating, “people-skills” like empathy and understanding, assertiveness, coping with emotions and stress, and humor.

Journal: Write about a life skill you have obtained. It can be something from everyday life like knowledge gained in school, an activity you tried with a group like the scouts, a lesson learned from family or a game you have played.

Here are some questions that will help. **What was:** An important decision you made? A problem you solved? Something creative you did? A time you said words or took actions that helped a friend in need? A moment you said something funny that eased a stressful situation.

You can write about more than one life skill if you would like! Write on the back and use extra pages if needed.