

Skills for Greatness Checklist

Directions: Choose the skills important to you.

- Seeing the good in others
- Exercising
- Managing actions
- Showing appreciation
- Learning that there is a positive way to do everything
- Making good decisions
- Managing feelings
- Getting enough sleep and rest
- Not blaming others
- Showing personal cleanliness
- Being motivated to learn
- Avoiding bullying
- Setting intellectual goals
- Managing time
- Setting physical goals
- Being in touch with reality
- Maintaining good nutrition
- Broadening your horizons
- Not making excuses
- Saying nice things to others
- Having courage to try
- Making good choices
- Managing talents
- Respecting others
- Knowing your strengths and weaknesses
- Managing money
- Showing empathy
- Turning problems into opportunities
- Refusing to abuse (engage in unhealthy food, substances, behaviors)
- Treating others the way you want to be treated
- Showing fairness
- Avoiding illnesses
- Learning that you feel good about yourself when you do positive actions
- Managing thoughts
- Being able to solve problems well
- Having good thinking skills
- Telling others the truth
- Managing possessions
- Believing in your potential
- Avoiding harmful substances
- Understanding that positive thoughts lead to positive actions, that lead to positive feelings about yourself, that lead to more positive thoughts
- Telling yourself the truth
- Managing energy
- Showing cooperation
- Persisting
- Having good study habits
- Refusing to rationalize
- Maintaining good dental hygiene
- Showing kindness
- Setting social and emotional goals