



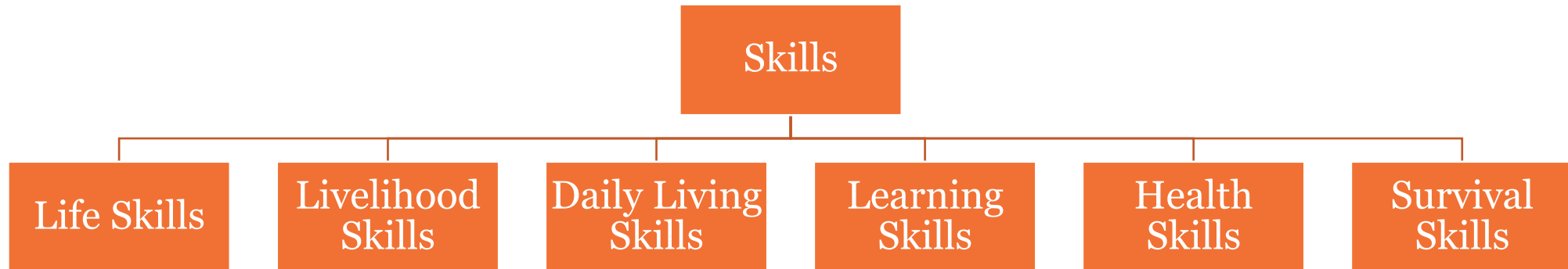
# Life Skills

Ages 13+



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# Types of Skills

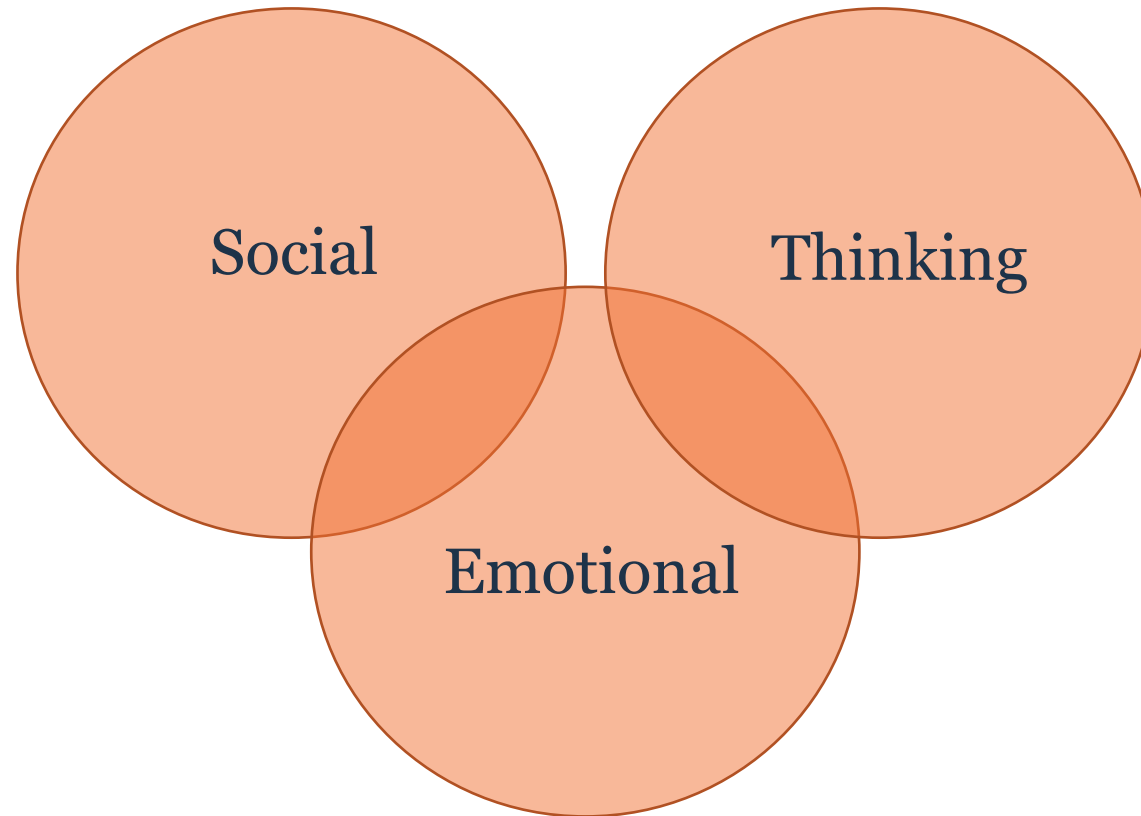


# What are Life Skills?

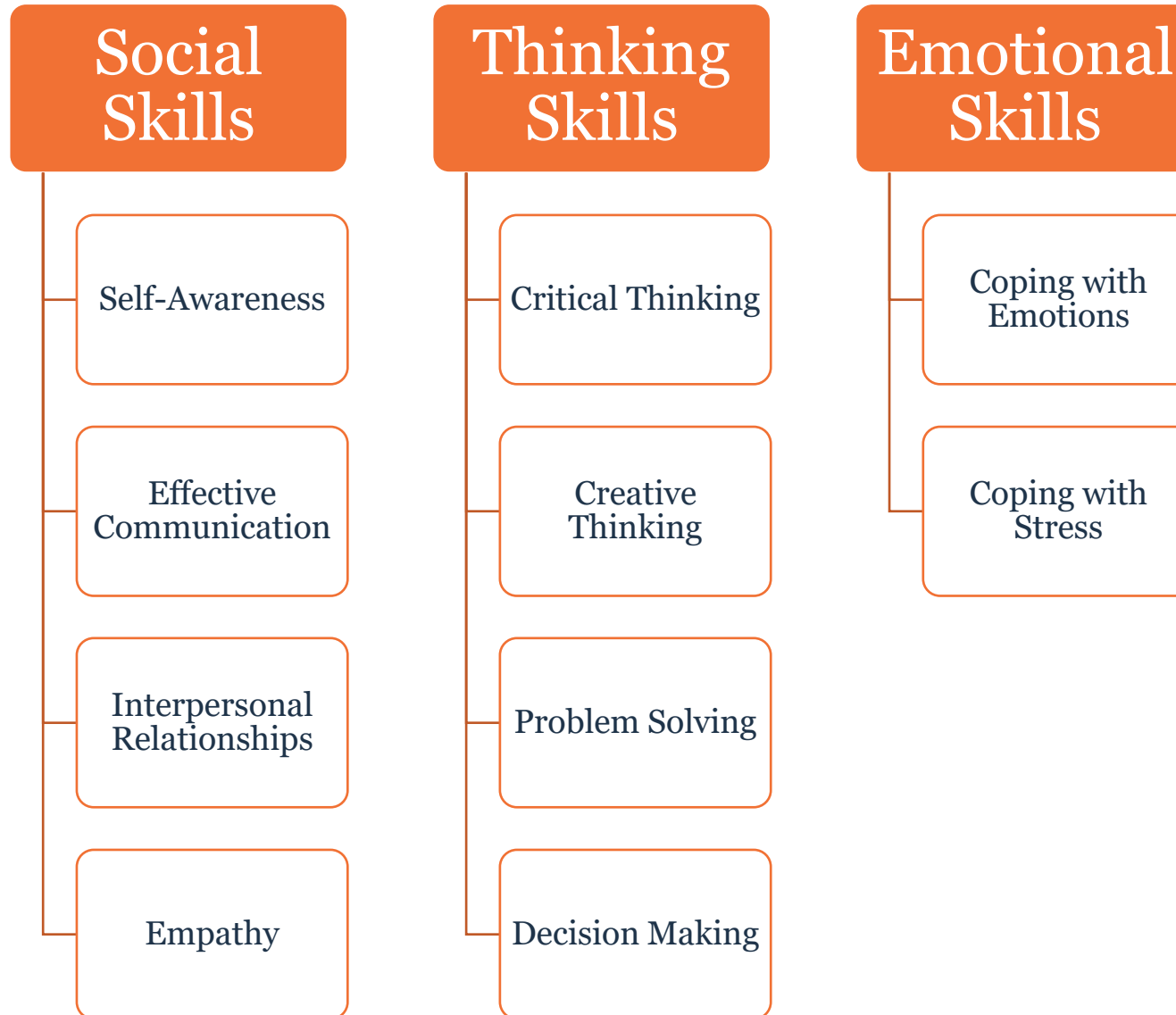
- Life Skills help us deal with the demands and challenges of everyday life
- They assist us in accomplishing our goals and living to our full potential

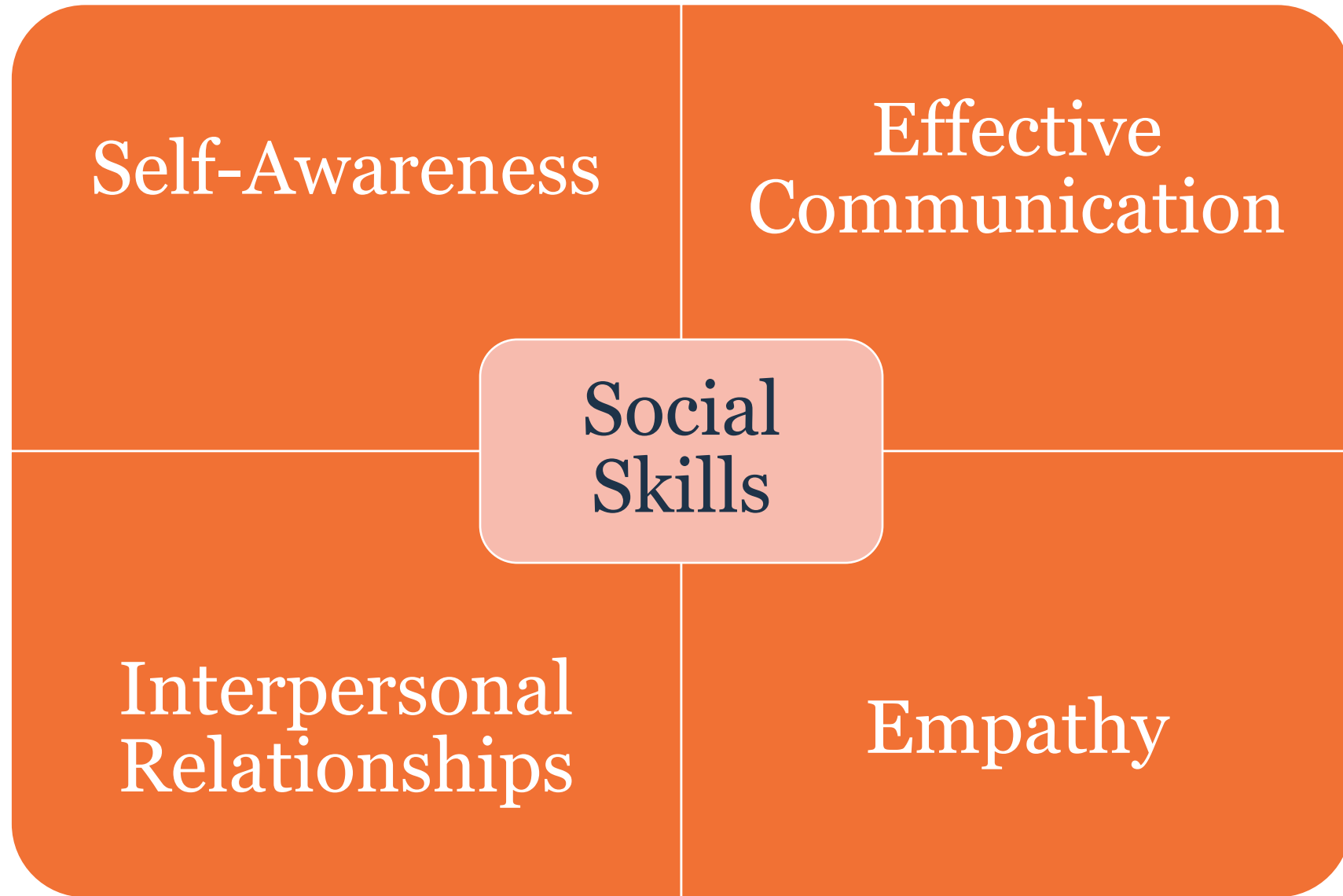


# Three Kinds of Life Skills



# Ten Core Life Skills





# Self-Awareness

- Recognizing your strengths, beliefs, likes, values, and character
- Knowing about yourself helps in making decisions and setting goals



# Effective Communication

Clearly expressing yourself verbally and non-verbally





# Interpersonal Relationships

- Relating to people in a positive way
- Making and maintaining friendly relationships



# Empathy

- Accepting others who may be different from you
- Being sensitive to another person's situation



Critical Thinking

Creative Thinking

Thinking Skills

Problem Solving

Decision Making



# Critical Thinking

- Analyzing information and experiences in an objective manner
- Recognizing the factors that influence attitudes and behavior



# Creative Thinking

- Looking beyond the ordinary or usual to think of new ideas
- Responding with flexibility – changing your ideas easily when necessary or helpful



# Problem Solving

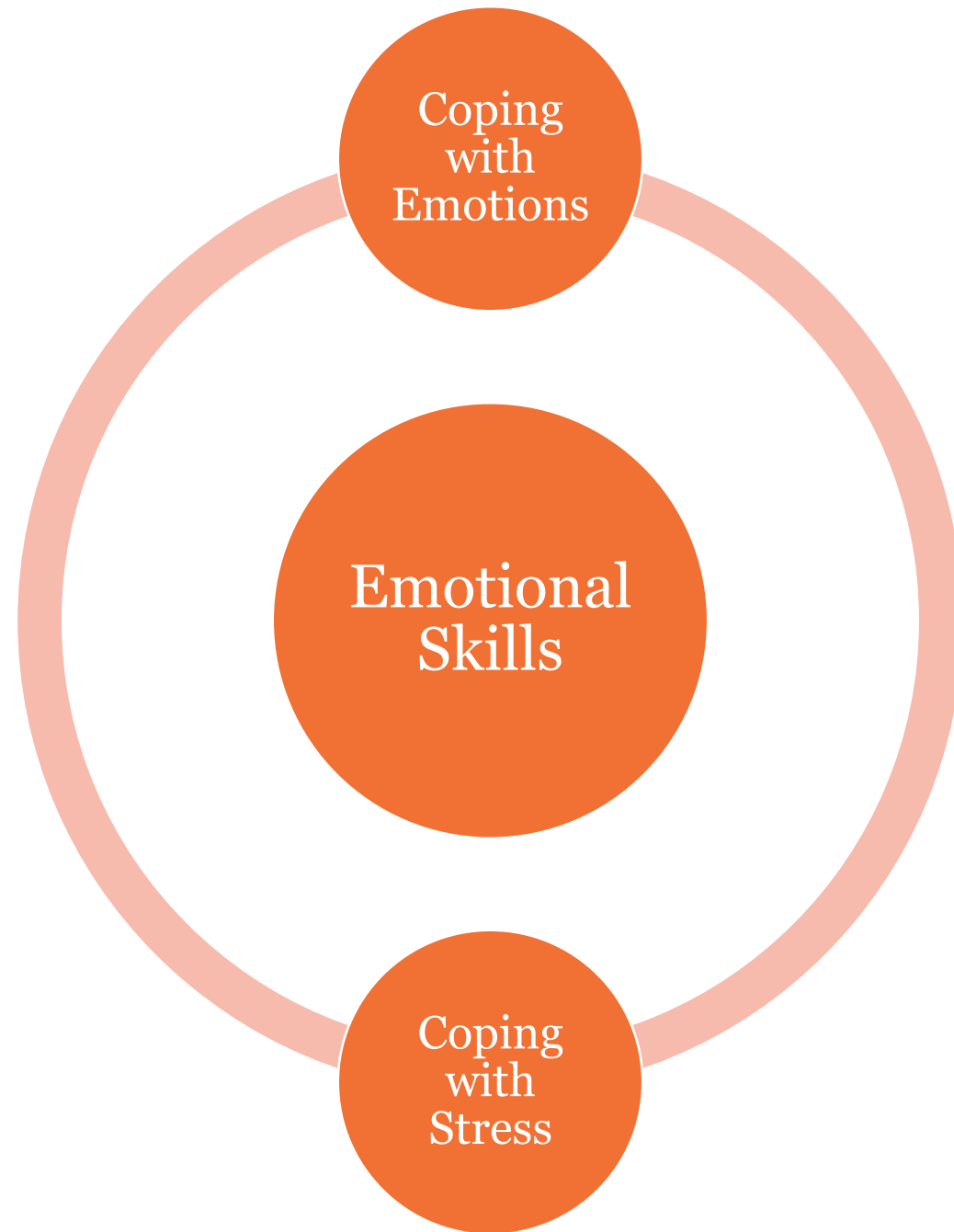
- Working through the details of a problem to reach a solution
- Following the steps of gathering information, defining the problem, and considering alternatives



# Decision Making

- Choosing from a set of alternatives to determine a course of action
- Weighing the risks of each option to make a choice







# Coping with Emotions

- Recognizing emotions within you and others
- Being aware of how emotions influence behavior
- Responding to your emotions appropriately



# Coping with Stress

- Recognizing the sources of stress in your life and how stress affects you
- Learning ways to control levels of stress



*Thank you!*



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