INDIVIDUAL

Physical
Emotional
Spiritual

Healthy Lifestyle
Learning to Learn
Critical Thinking
Planning, Organizing
Decision-making
Goal Setting
Coping Skills
Healthy Lifestyle
Stress Management
Relationship Management
Social Skills
Responsible Citizen
Respect for Others
Volunteering
Community Participation
Financial Management

LIVING

STYLES:
Learning Thinking
Communicating

COMPETENCIES: Cognitive Intellectual
Interpersonal Informational Technological
Communication Management Leadership

VALUES: Achievement Advancement Competence
Cooperation Creativity Effectiveness Excellence
Growth Honesty Integrity Involvement Loyalty
Meaning Privacy Recognition Reputation

KEY QUESTIONS:
What are my values? What are my strengths?
Where do I belong? What can I contribute?
How do I perform?

ATTRIBUTES: Adaptable Agile Assertive Action-oriented
Courageous Committed Creative Decisive Dependable
Focused Intelligent Informed Inspired Intuitive
Innovative Motivated Passionate Pragmatic

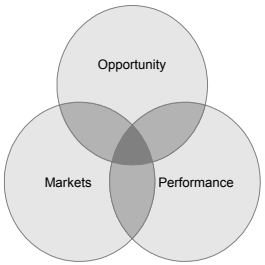
SELF-: Aware Accountable Confident
Concept Discipline Development
Esteem Motivation Perception

PERSONALITY:
Introvert/Extrovert, Sensor/
Intuitive, Thinker/Feeler,
Judger/Perceiver

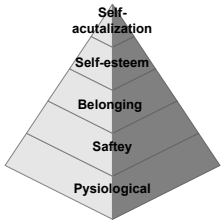
WORKING

Be Proactive
Take Initiative
Begin with End in Mind
Be Prepared to Lead
Put First Things First
Self-manage
Think Win-Win
Be Prepared to Follow
Be Organizational Aware
Seek to Understand
Have Perspective
Show & Tell
Synergize
Work in Teams
Network
Promote Growth

Virtual



NOTE- Applies within:
Living and Working



Maslow's Hierarchy
of Needs

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