

Please circle the Life Skills you have learned or improved this year:

LIFE SKILLS							
RELATING	CARING	GIVING	WORKING	BEING	LIVING	THINKING	MANAGING
Communication	Concern for Others	Community Service & Volunteering	Marketable Skills	Self Esteem	Healthy Lifestyle Choices	Learning to Learn	Goal Setting
Cooperation	Empathy	Leadership	Teamwork	Self Responsibility	Stress Management	Decision Making	Planning/ Organizing
Social Skills	Sharing	Responsible Citizenship	Self Motivation	Character	Disease Prevention	Problem Solving	Wise Use of Resources
Conflict Resolution	Nurturing Relationships	Contribution To Group Effort	Punctuality	Managing Feelings	Personal Safety	Critical Thinking	Keeping Records
Accepting Differences	Showing Kindness	Self Sacrifice	Asking Questions	Self Discipline	Doing Your Best	Service Learning	Resiliency

Please list two (2) life skills you worked on the most and how did you improve those life skills this year through your involvement in the Adams County 4-H Program:

Life Skill #1: _____ How I improved: _____

Life Skill #2: _____ How I improved: _____

4-H Member Signature

Date

Parent/Guardian Signature

Date