

TOP 20 TRAINING

MAKING A POSITIVE DIFFERENCE THROUGH SOCIAL-EMOTIONAL DEVELOPMENT.

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Star Qualities

Internal Strengths:

Self-confidence: believing in myself and my abilities
Risk-taking: taking the difficult road to expand my comfort zone
Self-motivation: getting myself started
Enthusiastic: having energy and interest for what I'm doing
Reflective: truly looking at myself
Emotionally aware: in touch with how my feelings influence my actions
Empowered: realizing that I'm in charge of my future
Responsible: being dependable; someone others can count on
Self-disciplined: taking control of myself
Flexibility: adapting to change and the stress created by it
Toughness: dealing with adversity when things aren't going my way
Challenge: seeing problems as learning opportunities
Courageous: responding in spite of fear or lack of confidence
Commitment: valuing putting forth my full effort
Optimistic: hopeful, valuing the positive
Opportunistic: keeping my eyes and ears open for possibilities

Social Qualities:

Fun: realizing that learning and working with others can be joyful
Respectful: honoring others by my words and actions
Acceptance: valuing diversity and people who are different than me
Communication: willing to listen to others and share appropriately
Honest: valuing living with truth and communicating truth
Empathetic: understanding what others are going through
Team player: helping; working well with others
Open minded: accepting points of view different than my own
Conflict resolution: working through issues in a peaceful manner
Tact: expressing myself with concern for other's feelings
Kindness: going out of my way to be nice and considerate of others

Problem Solving Skills:

Time management: making good use of my time
Proactive: seeing what needs to be done and doing it
Focus: keeping my attention on the task or goal
Persistent: sticking with the job until it is finished
Patience: realizing that success often doesn't come easily
Organized: able to look ahead and keep my life in order
Goal setting: planning to meet long and short-term needs
Creative: inventive, full of ideas, able to see or do things in a new way

Resourceful: finding a way to get the job done

Special 'Getting-through-life' Star Qualities:

Asking for Help

Dealing with DFLs (Don't feel like it) and Dwannas (Don't want to)