

Indian River County 4-H Life Skills Checklist

Check each of the following skills that you have learned or that you have improved on during the life of the project. Don't forget to reference these skills in your narrative and/or County Report Form.

✓	HEAD	✓	HANDS
	Learning to Learn		Community Service
	Decision Making		Leadership
	Problem Solving		Responsible Citizenship
	Critical Thinking		Contributions to Group Effort
	Service Learning		Marketable Skills
	Goal Setting		Teamwork
	Planning/Organizing		Self-Motivation
	Wise Use of Resources		
	Keeping Records		
	Resiliency		
✓	HEART	✓	HEALTH
	Communication		Self-Esteem
	Cooperation		Self-Responsibility
	Social Skills		Character
	Conflict Resolution		Managing Feelings
	Accepting Differences		Self-Discipline
	Concern for Others		Healthy Lifestyle Choices
	Empathy		Stress Management
	Sharing		Disease Prevention
	Nurturing Relationships		Personal Safety

