

Lifelong Guidelines



Queen of Angels Skills for Life

Lifelong Guidelines

- **TRUSTWORTHINESS**- To act in a manner that makes one worthy of trust and confidence
- **TRUTHFULNESS** – To be honest about things and feelings with oneself and others
- **ACTIVE LISTENING** – To listen with the intention of understanding what the speaker intends to communicate
- **NO PUT-DOWNS** – To never use words, actions and/or body language that degrade, humiliate, or dishonor others
- **PERSONAL BEST** – To do one's best given the circumstances and available resources

Lifeskills

INTEGRITY: To act according to a sense of what is right & wrong

INITIATIVE: To do something because it needs to be done

FLEXIBILITY: To be willing to change plans when necessary

PERSEVERANCE: To keep at it

ORGANIZATION: To plan, arrange, & implement in an orderly way

SENSE OF HUMOR: To laugh & be playful without harming others

EFFORT: To do your best

COMMON SENSE: To use good judgment

PROBLEM-SOLVING: To create solutions in difficult situations & everyday problems

RESPONSIBILITY: To respond when appropriate, to be accountable for your actions

PATIENCE: To wait calmly for someone or something

FRIENDSHIP: To make & keep a friend through mutual trust & caring

CURIOSITY: A desire to investigate & seek understanding of one's world

COOPERATION: To work together toward a common goal or purpose

CARING: To feel and show concern for others

COURAGE: To act according to one's beliefs despite fear of adverse consequences

PRIDE: Satisfaction from doing one's personal best

RESOURCEFULNESS: To respond to challenges & opportunities in innovative & creative ways