

The Nine Life Skills

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Life skill	Definition
Assessing your health	evaluating each of the four parts of your health and assessing your health behaviors
Making good decisions	making choices that are healthy and responsible
Setting goals	deciding to do things that will give you a sense of accomplishment, such as breaking bad habits and planning your future
Using refusal skills	saying no to things that you don't want to do and avoiding dangerous situations
Communicating effectively	avoiding misunderstandings by expressing your feelings in a healthy way
Coping	dealing with problems and emotions in an effective way
Evaluating media messages	judging the accuracy of advertising and other media messages
Practicing wellness	practicing good habits, such as getting plenty of sleep and eating healthy foods
Being a wise consumer	comparing products and services based on value and quality