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## Significant Life Skills and Beliefs

Being successful includes doing well in your school subjects, making and keeping friends, being involved in school life (sports, drama, etc.), managing your changing relationship with your parents, and earning and managing your economic resources.

Successful people are not always the smartest, the wealthiest, or the hardest working. Research (Glenn and Nelsen 49–50) has shown that successful people possess the following significant perceptions and life skills:

1. a belief in their ability to learn and to work
2. a belief that they are important
3. a belief they have the ability to change their lives
4. the ability to understand their emotions and to control their behaviour
5. the ability to communicate with others
6. the ability to take responsibility for their actions and adapt to situations
7. the ability to make decisions based upon universal values and principles

### **Group Task:**

As a group read and discuss each of the **significant life skills and beliefs** and, for each, develop a list of practical examples or definitions of what these mean to you.

### **Sample list of answers for each of the significant beliefs and life skills:**

1. confidence, put in an effort
2. belong to something, feel loved
3. control, power, talented, skilled
4. self-control, self-disciplined
5. find out how others feel, respect, listen, valued
6. stand up for what they believe, consequences, rewards, flexibility
7. moral life, believe in what they do and say, respect others and their views

### **Individual Task:**

On the following sheet, assess your significant life skills and beliefs on a scale of 1 to 5 (1 being that you are starting to develop the skill or belief and 5 being that you exhibit the skill or belief on a daily basis). These are highly personal and individual assessments, and you are not required to share them with others.

