**Section 7:** **4-H Life Skill Comparison Matrix**

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| --- | --- | --- | --- | --- | --- |
|  | **Head** | **Heart** | **Hands** | **Health** | **Similarities & Differences** |
| *Characteristics*  Check off which skill you are using | How did you use one skill from middle ring of life skills wheel?  Resiliency  Keeping Records  Wise Use of Resources  Planning/ Organizing  Goal Setting  Service Learning  Critical Thinking  Problem Solving  Decision Making  Learning to Learn | How did you use one from middle ring of life skills wheel?  Communication  Cooperation  Social Skills  Conflict Resolution  Accepting Differences  Concern for Others  Empathy  Sharing  Nurturing Relationships | How did you use one from middle ring of life skills wheel?  Community Service/Volunteering  Leadership  Responsible Citizenship  Contributions to Group Effort  Marketable Skills  Teamwork  Self-motivation | How did you use one from middle ring of life skills wheel?  Self-esteem  Self-responsibility  Character  Managing Feelings  Self-discipline  Healthy Lifestyle Choices  Stress Management  Disease Prevention  Personal Safety | Compare the life skills used in your 4-H year. What is similar and what is different between these life skills? |
| **How did you do this? Was it easy or hard?** |  |  |  |  | Similarities: |
| Differences: |
| **Why did you do this? What did you learn?** |  |  |  |  | Similarities: |
| Differences: |
| **Why is this important to you? Should this be important to others? Why?** |  |  |  |  | Similarities: |
| Differences: |