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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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:      |