Section 7: 4-H Life Skill Comparison Matrix

	<u>Head</u>	<u>Heart</u>	<u>Hands</u>	<u>Health</u>	Similarities & Differences
Check off which skill you are using	How did you use one skill from middle ring of life skills wheel? Resiliency Records Records Resources Planning/Orga nizing 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/Volun teering 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: