

# LIFELINES

**ACTIVE LISTENING:** To use your ears, eyes, heart and undivided attention when needed.

**CARING:** To feel and show concern for others.

**COMMON SENSE:** To make good choices.

**COOPERATION:** To work together toward a common goal.

**COURAGE:** To be brave.

**CREATIVITY:** To use your imagination.

**EFFORT:** To work hard.

**EMPATHY:** To understand and experience the feelings of others.

**FORGIVENESS:** To let go of anger and resentment.

**FLEXIBILITY:** To be willing to change plans.

**FRIENDSHIP:** To care about another person.

**GRATITUDE:** To be thankful.

**INTEGRITY:** To tell the truth and do what is right even when no one is looking.

**INITIATIVE:** To do something that needs to be done without asking.

**JOY:** To choose to be happy and share that with others.

**MANNERS:** To use social skills in different situations.

**ORGANIZATION:** To plan, arrange and keep things in order.

**PATIENCE:** To wait without complaining.

**PERSEVERANCE:** To keep trying and not give up.

**PERSONAL BEST:** To be the best you can be.

**PROBLEM SOLVING:** To create solutions.

**RESPECT:** To treat others the way they should be treated.

**RESPONSIBILITY:** To be accountable for your actions.

**SELF CONTROL:** To be in control of what you do and say.

**TRUST:** To be dependable and truthful.

**WELLNESS:** To take care of your body and mind.



**C. L. A. S. S.**