

Practical Life Skills Addressed

Thinking

- Critical Thinking
- Behavior Management
- Self-Counsel

Success

- Positive thinking
- Motivation
- Reduced Procrastination and Increased Action
- Passion

Social

- Anti-Competition, Collaboration
- Compassion, Love and Empathy
- Listening
- Communication
- Acceptance of Others
- Interconnectedness

Practical

- Organization
- Setting Boundaries
- Setting Intentions (Goals)
- Creating Results

Happiness

- Be Present
- Enjoy Life
- Find Purpose
- Develop Intimate Relationships
- Self-Acceptance

