

## LIFE & COMMUNICATION SKILLS

Success Skills		
Team Building	Remove Obstacles	Take Bigger Risks
Prioritize Opportunities	Use Leverage	Able to Ask
Stay Focused	Delegate	
Leadership	Manage Others	
Self Management Skills		
Be On Time	Keep One's Word	Get Needs Met
Under promise/Over deliver	Protect Oneself	Develop Routine
Ask For What You Need	Stop Tolerating	
Stop Suffering	Love Oneself	
Fulfillment Skills		
Integrate All of One's Life	Discover Purpose	Surrounded By Love
Build A Reserve	Find Spiritual Path	Design Personal Mission
Discover Source/Higher Power	Include, Hold It All	
Knowing Oneself	Create A Legacy	

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## Listening Skills

Listen, Adding Nothing	Hear Behind the Words	Caring
Read Body Language	Discern Who The Person Is	Discerning What's True
Get The Person	Empowering Silence	
Get To The Source Of The Problem	Immediate Sensing	

## Speaking Skills

Discern What's Happening	Being Heard Vs. Talking	Dance In Conversation
Languaging Feelings	Speaking Straight	Captivating Voice
Fully Communicating	Fully Constructive	Evoke Others
Asking For All You Want	Speaking With The Edge	Saying What Is So
Direct Requesting	Acknowledgement	
Saying No, No, No	Educate Environment	

## Being & Contributing Skills

Sticking By Requirements	Know What You Want	Effortlessness
Gratitude	Grace	Surrender to Self
Be With Anyone	Feel Self, Others	Ability To Inquire
Courage	Integration	Including It All
Empathy	Compassion	Give Help
Able To Receive	Invest In A Person	Able to Give Love

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