

Life Skill Goals

The Life Skill for June is
Attitude

The Life Skill for July is
Relationship Goals

What is a positive **Attitude**?

Set a '**Relationship Goal**'. Your **Goal** could be to get along better with a family member, helping your mom and dad out more, spending more time with a grandparent or helping a younger sibling with his/her homework. Write down and track your **Goal**- you can use a **Green Goal Sheet**!

Why is it important to have a positive **Attitude**?

Why is it important to set **Relationship Goals**?

How can a positive **Attitude** help you reach your goals?

How can setting **Goals** help you to get along with others?