

Life Skills

The Art and Science of Achieving Success



VIDEO USER GUIDE

Play Time Total [13:24:28]

	<u>Play Time</u>	<u>Book Page #</u>
INTRODUCTION	[0:12:23]	
LEVEL 1 - BASIC SKILLS	[4:56:37]	page 3
Attitude, Balance, Change, Character, Coach and Mentor, Communication, Conduct, Continuous Learning, Entitlement, Fear, Forgiving, Gut Feeling, Healthy Lifestyle, Image, Inadequate Feelings, Life, Money Management, “No”, Organized, peer Pressure, Relationships, Resolving Differences, Risk-Taking, Sensitive People, Spirituality, Work Ethic		
DAY 1 SUMMARY	[1:15:02]	
LEVEL 2 - ESSENTIAL SKILLS	[2:15:00]	page 111
Conflict Management, Failure, Intimidation, Pareto’s Principle—the 80/20 Rule, Peter Principle, Planning, Problem-Solving, Teachable		
LEVEL 3 - ADVANCED SKILLS	[02:17:43]	page 147
Assuming Responsibility, Creativity and Innovation, Decision-Making, Delegation, Efficiency, Goal Setting, Motivation, Reputation, Self- Confidence, Teamwork, Time Management		
LEVEL 4 - COMPOUND SKILLS	[0:57:44]	page 195
Continuous Improvement, Happiness, Leadership, Leadership Style, memberships, Procrastination, Self-Awareness		
LEVEL 5 - COMPLEX SKILLS	[0:51:32]	page 227
Achievement, Crisis Management, Immediate Action, Overwhelmed, Prepared, Stress		
FINAL THOUGHTS	[0:36:27]	