



## SOS Pretrial ADULT LIFE SKILLS SERIES

### WEEK 1

#### **Life Skills Personal Awareness**

Life Skills Quiz; Core Life Skills; Skills needed to succeed; Skills Checklist.

### WEEK 2

#### **Positive Thinking for Power Within**

Positive Thinking vs. Negative Thinking and how they shape our destiny.

### WEEK 3

#### **Discipline: Learning to Be Consistent and In Control**

Skills for overcoming obstacles & distractions; Importance of self-discipline.

### WEEK 4

#### **Goal Setting: Mapping & Achieving the Best Goals for Me!**

Learning steps to mapping out realistic goals & the road to achieve them.

### WEEK 5

#### **Decision Making: Understanding Consequences of Our Actions**

How our decisions reflect who we are; Making decisions that spell success.

### WEEK 6

#### **Personal Organization Skills: Organizing Our Mind, Space & Time**

Prioritizing to become more productive & effective; Day planning exercise.

### WEEK 7

#### **Effective Communication & Technology in the Digital World**

Dos & Don'ts of communication; Communication Styles & its many forms.

### WEEK 8

#### **Positive Relationships & Relationship Building Skills**

Identifying relationships as positive or negative & how they affect our lives.

### WEEK 9

#### **Conflict Resolution & Problem Solving**

Conflict resolution rules & styles; Resolving problems with others & within.

### WEEK 10

#### **Dealing with the Pressures of Life & Learning to Overcome**

Managing life's pressures & stresses related to self-esteem & personal values.

### WEEK 11

#### **Maintaining a Healthy Lifestyle by Setting Personal Health Goals**

Looking at personal challenges to maintaining a healthy life style & free time.

### WEEK 12

#### **Financial Management & Responsibility**

Reaching our money management goals; Buying & Marketing Tips & Facts.