

THE READINESS ABILITIES



I CAN THINK & CREATE

in ways that help me to navigate and experience life.



I CAN FEEL & EXPRESS EMOTION

appropriately and as a way to connect with others.



I CAN GET & STAY HEALTHY

physically, emotionally, mentally and spiritually.



I CAN APPLY LEARNING

in the real world and to meet life demands.



I CAN USE INSIGHTS TO GROW & DEVELOP

in each stage of life.



I CAN WORK & STAY FOCUSED

in each area of life.



I CAN RELATE TO OTHERS & THE WORLD

by forming, managing and sustaining my relationships.



I CAN ENGAGE WITH PEOPLE & PLACES

by being present and engaging in meaningful, real and honest ways.



I CAN PERSIST THROUGH STRUGGLES & MAINTAIN HOPE

no matter my challenges.



I CAN SOLVE PROBLEMS & MAKE DECISIONS

about the intellectual, social, moral and emotional issues and problems that I face.

THE READINESS SKILLSETS & MINDSETS

The *Readiness Abilities* enable young people to take on life's challenges and opportunities. To develop and express these readiness abilities, youth use different combinations of skillsets and mindsets (attitudes, dispositions, habits).

SKILLSETS

BASIC LIFE MANAGEMENT

I can meet basic life demands and practical needs.

PROBLEM SOLVING & DECISION MAKING

I can solve problems and make informed decisions.

COPING

I can make it through and bounce back from hard times.

ORGANIZATION & PLANNING

I can organize and plan my life, projects, tasks and schedule.

APPLICATION

I can apply what I have learned in practice and real life.

RELATIONSHIP MANAGEMENT

I can form, grow, manage and keep my relationships with people.

COMMUNICATION

I can communicate what I want to say in an appropriate and effective way.

RESOURCE & INFORMATION PROCESSING

I can gather, keep track of and manage information and resources.

THINKING & ANALYSIS

I can think and reason critically and creatively about issues and produce thoughtful responses.

SELF-CARE

I can meet my physical, emotional, mental and spiritual needs, so long as I have the right access and supports.

REFLECTION & SELF-AWARENESS

I can think about my life and honestly evaluate where I am, what I need or want and what I should do.

SELF-REGULATION

I can manage my emotions, thoughts and behaviors so that they are appropriate for who I am with, where I am and what I am doing.

MINDSETS

HUMBLE

I am thoughtful and honest about my talents and achievements or shortcomings and mistakes; I have a healthy perspective and engage with others even at times when the focus is not on me.

FAIR

I am sensitive to the difference between what is right and wrong and I believe that everyone deserves a fair chance.

DRIVEN

I am motivated and focused; I like the feeling of getting things done and accomplishing my goals.

AGILE

I am able to change my mood and behaviors depending on what is needed, where I am and who I am with.

FUTURE ORIENTED

I am focused on what is ahead and that motivates me to get through the present.

OPEN-MINDED

I am open to perspectives and experiences that are different than my own.

EMPATHETIC

I am understanding and connected to the feelings or experiences of others.

PRAGMATIC

I am honest, practical and objective when considering life, problems and needs.

PURPOSEFUL

I am committed to accomplishing something and being someone.

OPTIMISTIC

I am comforted by the hopeful and positive parts of a situation.

PERSISTENT

I am focused. I do whatever it takes to accomplish a goal or task.

ADAPTABLE

I am flexible in my thinking and behavior depending on what is needed.

COURAGEOUS

I am willing to take on challenges, even when I am scared or confused.

GROWTH ORIENTED

I believe that I can get better with practice and hard work.

COMPASSIONATE

I am moved by the struggles, situations and pain of others.

CURIOS

I am an eager learner and I have lots of questions to answer.