

## 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.

#### CURIOUS

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