

Name: _____

Date: _____

Skills for a Healthy Lifestyle

D Z X I M Y D T L H J C O M M U N I C A T I O N
I M L N N N I T A P K J T Z U C N W H A W V P Q
E I G X L B X O B Q H T T E C N A R E L O T Z U
K Y V T G Z U T Q Z N X Y C A C O V D A O Z G S
X A X M C Y T I L I B A T N U O C C A G R U G T
M O L O X L F K K O S L A O G C I T S I L A E R
F C D N O I T U L O S E R T C I L F N O C W T G
P H F H U S C Q Y T I R G E T N I E N H V N X A
J K L L S J D P U S P U V Y B O T P D X U U Z V
F P R E J U D I C E U Z V D N G D S E E Z G O A
E D K F A R B D B L B N K E P E I T C H Y O O H
Q B A S I K E M T T H N Z E T Y F R I E K A N I
E J R E F U S A L S K I L L S A H E S A J L N Q
R E S P O N S I B L E C H O I C E S I L V S N L
X Z H C E O M R H J B M W R Y L B S O T H E E V
Y N I J Z U N E N H O E Q I H C R C N H Q T V E
U F E B A K I T D S V S T I T X S E M S O T A I
S A L H L U I C F I F M P L A T X P A K N I L H
J L F X D U H A W Q A C B D P P G M K I X N U D
P A C X O S Z R L C E N A W M Y M X I L K G E V
X Z X N M N J A H A M M M I E V Y N N L I E S R
L Z S S E N I H T R O W T S U R T T G S F T Z M
E K I F Y R P C Y X G V U T T S B A C H U U E Y
C Q V B N T A Z T N H J H J S J O E O F A A C O

RESPONSIBLE CHOICES
TRUSTWORTHINESS
ACCOUNTABILITY
GOAL SETTING
INTEGRITY
EMPATHY
MEDIA

CONFLICT RESOLUTION
DECISION MAKING
HEALTH SKILLS
PREJUDICE
CHARACTER
STRESS

REALISTIC GOALS
REFUSAL SKILLS
COMMUNICATION
TOLERANCE
ADVOCACY
VALUES