



THINK ... SPEAK ... ACT

HOW I ACT

Performance & Moral Skills

YOUR NAME _____

Refer to the Glossary to complete this worksheet. Consider the skills that you value in yourself, and list three MORAL skills and three PERFORMANCE skills. Also, write down how you demonstrate these at school, home, or in sports.

MY MORAL SKILLS. These are skills that have to do with my relationship with others.

- 1. _____

- 2. _____

- 3. _____

MY PERFORMANCE SKILLS. These are skills that have to do with my relationship to myself.

- 1. _____

- 2. _____

- 3. _____
