



REVIEW ACTIVITY
Chapter 8

Take a few minutes to review the emotional skills described in this chapter.

- Which of these skills would be the most important for you to improve?

- What could you do to develop one or more of the emotional skills?

- Daily, what would you do to increase these skills?

How would you specifically measure your progress?

Would it worthwhile to ask for support and feedback from someone you trust?

Write down any other ideas you have concerning the emotional skills reviewed in this chapter.
