



## 12 LIFE SKILLS

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E. Use sub-goals

F. Count driving behaviors

G. Measure yourself

H. Define success and consequences

I. Act like an ant—use incremental steps

J. Use positive and negative motivation

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K. Use quarantines: obstacles and patterns

L. Priorities vs. desire

M. Use structure

N. Use community

O. Be honest and real

P. Believe it

Q. Do a little better