Life Skills

Life skills are important. Life skills help us live our lives in a safe and productive manner. You may need to learn how to cook or organize your life in order to keep everything in its place. Life skills should be learned by everyone, no matter their age or socioeconomic status. Learning skills starts at an early age and continues forever.

The first life skill is time management. Time management is the ability to plan and control how someone spends the hours in a day to effectively accomplish their goals. We need to learn to manage our time so we can better control it. Some ways of managing time is setting timers on tasks, planning the week on Sunday, creating a daily plan, using a planner and calendar, creating a to-do list and so on.

The second life skill is stress management. Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress.
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Works cited page below
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- https://toggl.com/time-management-tips/