

## Generosity

- Volunteerism, caring for a pet
- Community Service
- Involvement with special needs people
- Mentoring, tutoring
- Contributing to well being of home, chores, babysitting
- Sharing ideas/talents/belonging
- Allowing another to win
- Adopting a family or a youth
- Giving earned money away
- Pal program, befriending a nerd, developing empathy
- unconditional acceptance
- non materialism, sharing time and companionship with sibs

## Independence

- Recognizing personal weakness & make flow
- Willingness to problem solve/strategies
- Being on time for appointment, personal hygiene
- Choosing a drug free life style
- Completing tasks without supervision
- Buying clothing, thanking those who assist employment, positive friendships, attending school
- independent living skills, price cars, food
- saving money, money management, open an account
- filling out job applications, do job without being asked, interviewing, managing time, curfew
- caring for a pet, positive role model, accepting authority
- volunteering for a group, initiating various tasks, leadership roles

## Mastery - mentally, physically, art, socially, spiritually

auto mechanics  
animal care  
carpentry  
art  
music, swim  
sports  
recreational art  
combing, cleaning  
child care  
self care  
chess, boxing, body building,  
respect and care for body

problem solving  
planning projects, woodworking  
setting and reaching goals  
recognizing others abilities  
teaching another  
completing homework & chores on time  
receive praise without arrogance  
fishing, gardening, museum  
camping, sewing  
track, running, sportsmanship  
Junior achievement

## Belonging

- involvement in local government
- extra curricular activities at school
- participation in ecological activities
- conversations with elders about family history
- involvement in neighborhood groups
- church, youth groups
- spending time with relatives/outing, reunions
- interest group
- school government
- civic groups/campaigning
- recruiting others to positive groups
- animal husbandry
- AA, NA
- volunteerism