



# Assessment of Life Skills

This self-assessment instrument is intended to help you to reflect -- honestly and deeply – to essential components and practices of your Life Skills. Take this opportunity to reflect and reply to all behavioural statements below.

You reply to each statement with a 'X' in one of the cells which is the closest to your opinion.

Be aware that there are no wrong answers. We are interested in your opinion.

Kindly asked to provide the following information

1	Nationality	<input type="radio"/> Estonian <input type="radio"/> Italian <input type="radio"/> Slovenian <input type="radio"/> Dutch <input type="radio"/> Other .....
2	Age	..... years old
3	Special Educational Need	<input type="radio"/> Yes <input type="radio"/> No

STATEMENTS		Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every day
1	When I have a problem, I first figure out exactly what the problem is.							
2	I show to others that I am listening actively							
3	I know how to transform old things by giving them a new form							
4	I take care of my wellbeing							
5	When I feel a lot of stress in my life, I find ways to express and release my emotions (writing, playing music, painting, etc).							
6	I enjoy exploring different perspectives of a problem, a challenge or a process							
7	I use the tone my voice to emphasise what I try to say.							
8	I like to do artistic works where I can use my fantasy							
9	I am able to keep a positive attitude towards myself (in positive/negative circumstances)							
10	I am able to reduce my stress							
11	I come into action, immediately after identifying the problem							
12	I use words that are appropriate							
13	I use to brainstorm before identifying the best solution							
14	I know my weaknesses.							



	STATEMENTS	Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every day
15	I mostly have control of any situation							
16	I am a good mediator							
17	I know when to listen and when to talk							
18	I am excited to learn from new experiences							
19	I know my strengths.							
20	I get angry on things I have not control of							
21	Friends usually ask me for help if they need to solve a problem							
22	I am often misunderstood							
23	I am willing to carry out new type of tasks							
24	I feel that I can clearly express what I need.							
25	When the stress come up, I seek out emotional support from others.							
26	When I think about a topic, I compare more ideas							
27	I think that for an important decision I have to evaluate the consequences for the future.							
28	I am able to stimulate others							
29	I easily feel emotions of others							
30	I pay attention to how I feel							
31	I develop my ideas by gathering information							
32	I take enough time to think before making a choice.							
33	I dare to ask help from others							
34	I can see how other people feel.							
35	I care about what I am feeling							
36	I explore (consider) various possible options for results before I take any action.							
37	I do not take a decision based on what others tell me what to do.							
38	I prefer to work in a group							
39	I do not judge others							
40	It's easy for me to adapt my behaviour in different life context (family, friends, etc.)							
41	I want to know the source where the information comes from							
42	I think that intuition is enough to make the right decision							
43	I share concern, ideas and opinions with my peer							
44	I prefer to help others							



	STATEMENTS	Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every day
45	When I'm upset, I acknowledge my emotions							
46	I check the author when I read a piece of news that seems inconsistent							
47	I make decision quickly without thinking much about them							
48	I think to know that I have a stable relationship with others							
49	I become excited when others are excited.							
50	I express my appreciation when others have done something right							

Thank you very much for your cooperation