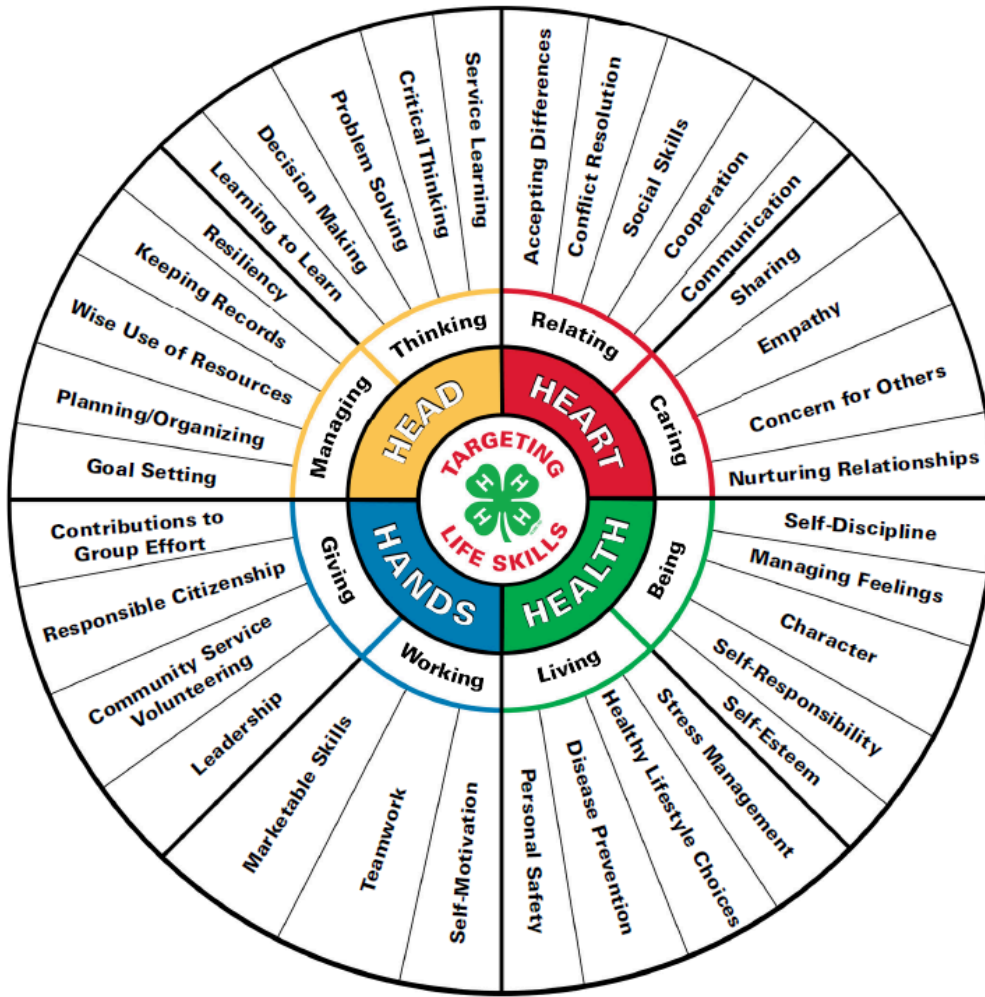


# 4-H MEMBER RECORD BOOK ACTIVITY

## Life Skills Reflection



This cycle shows how 4-H values relate to lifelong skills. It includes the 4 H's focused on different categories of skills:

- Head: managing & thinking
- Heart: relating & caring
- Hands: giving & working
- Health: living & being

Review these 8 categories and notice the sub-categories inside. Then follow these instructions.

1. Think of your activities in 4-H this last year.
2. Reflect on how they felt and what skills you practiced.
3. Mark the circle by highlighting skills you used that you liked, star the skills you found were easy, and underline the challenging skills.
4. Finally, consider skills you would like to work on next year and what activities could help you practice them.

*You can use the space below or additional pages to write, draw, or map out your reflection on the skills you practiced. Remember to think of what skills you may wish to exercise more in the future.*