

My **SKILL** **TREE**™ Action Journal

Name: _____

Grade: _____



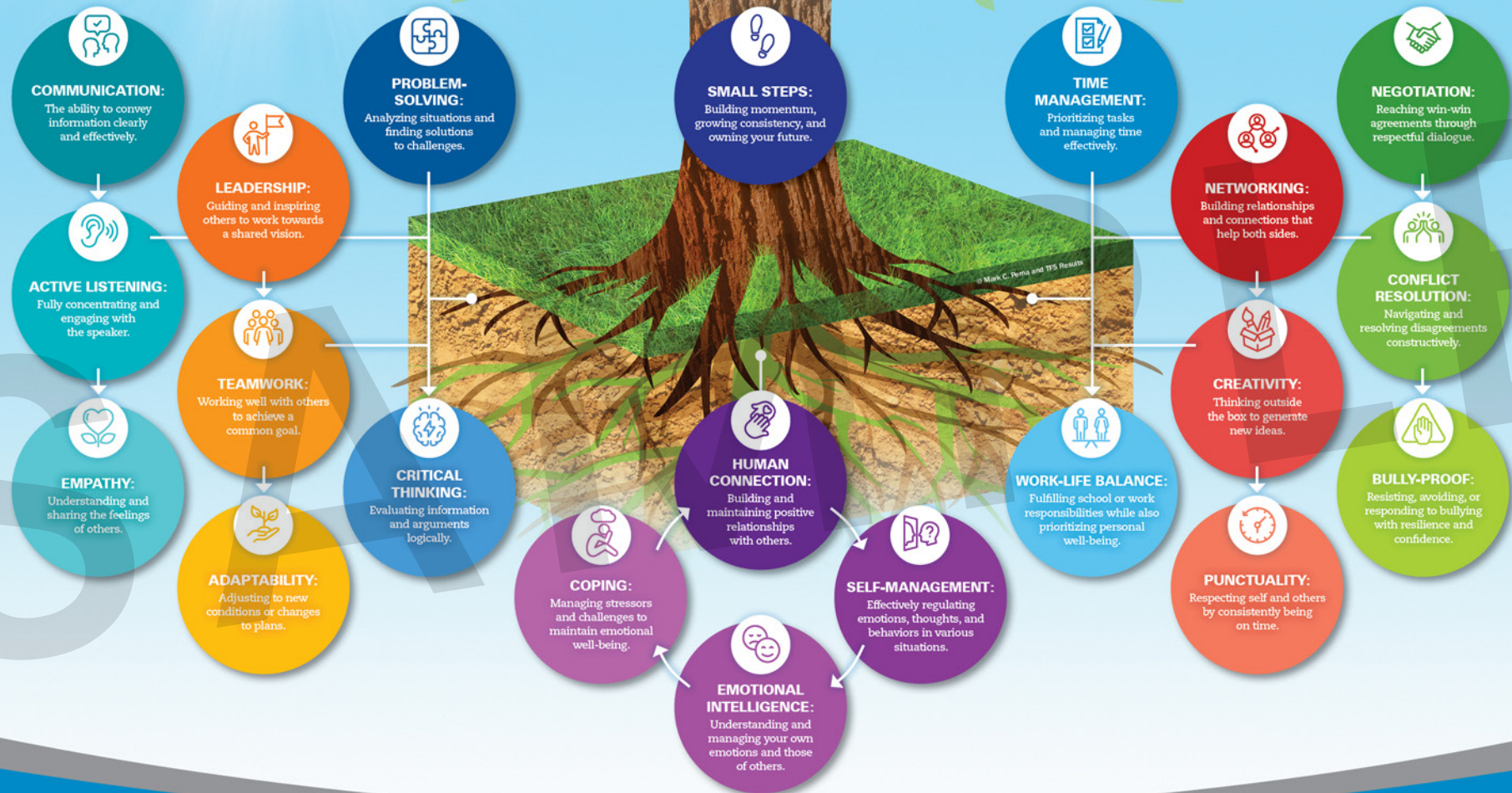
CAREER **TREE**®



AUTHORED BY
mark©perna

GRADES
3—6

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SKILL TREE™: MY COMPETITIVE ADVANTAGE





Welcome to Your Personal Skill Tree Action Journal!

This Action Journal is **YOUR** place to record your own Skill Tree journey.
By drawing or writing, you can reflect on how far you've come.

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Inside Back Cover: Your Student Skill Chart

Track your progress!

As you get better at each skill on this tree, color it in or put a Skill Sticker on it. Fill up your Skill Tree as you build your personal competitive advantage!



1. The Magic of Small Steps | What This Skill Means to Me

PART 1

THE MAGIC OF SMALL STEPS:

A skill about taking daily, consistent action to grow, improve, and reach the life you imagine.

Key Points Review

1. Small steps are little actions we take again and again.
2. Consistency makes us stronger and helps us grow.
3. We don't need to do everything at once—just one step at a time.
4. Small steps build our personal competitive advantage over time.
5. These steps help us move toward the life we imagine for ourselves.

Think About It:

- What does a small step look like for you?
- Why are small steps powerful, even if they seem small?

I've Used This Skill When...

"One time I took a small step was..."

(▲ Use the space above to write a few sentences or draw the moment.)



1. The Magic of Small Steps | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What is a small step you take every day to get better at something?
2. How do you feel when you stick with something for a long time?
3. What's something you want to improve with small steps?
4. How do small steps help you feel strong?
5. What's a goal you have that takes time?
6. What does "one step at a time" mean to you?
7. Draw or write a story about someone who kept trying.
8. What's something you used to struggle with that you're better at now?

My First Response:

My Second Response:

My Third Response:



1. The Magic of Small Steps | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



1. The Magic of Small Steps | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

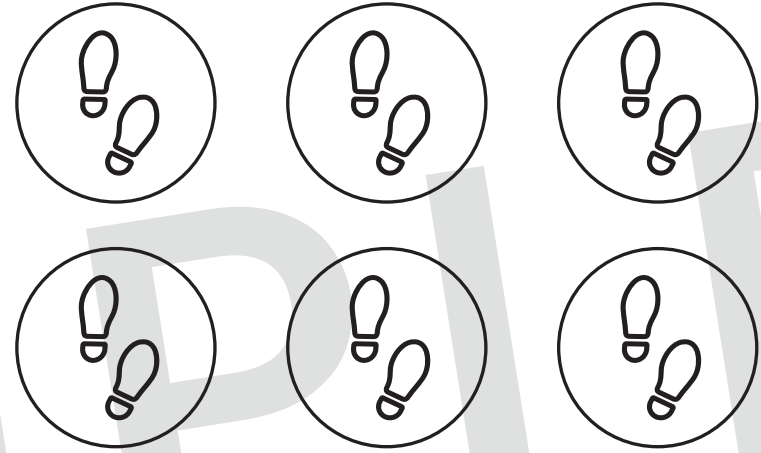
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one more small step I want to take next?"

(▲ Write or draw something you're excited to keep working on.)



2. The Magic of Human Connection | What This Skill Means to Me

PART 1

THE MAGIC OF HUMAN CONNECTION:

A skill about building trust, belonging, and positivity through meaningful relationships.

Key Points Review

1. Human connection helps us feel seen, safe, and included.
2. We build connection through kindness, listening, and respect.
3. Making others feel valued makes us stronger too.
4. Our personal competitive advantage grows when we connect well with others.
5. Connecting with people helps us create the life we imagine.

Think About It:

- What helps you feel connected to someone?
- Why is human connection important for friendship and teamwork?

I've Used This Skill When...

"One time I made a connection with someone was..."

(▲ Use the space above to write a few sentences or draw the moment.)



2. The Magic of Human Connection | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. When did you feel really connected to someone?
2. What helps people feel like they belong?
3. How can you show someone they matter to you?
4. How do you build trust with a friend or grown-up?
5. What's one way to connect with someone new?
6. What makes a good friend or teammate?
7. What's one small way to be kind this week?
8. Who do you feel most connected to and why?

My First Response:

My Second Response:

My Third Response:



2. The Magic of Human Connection | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



2. The Magic of Human Connection | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

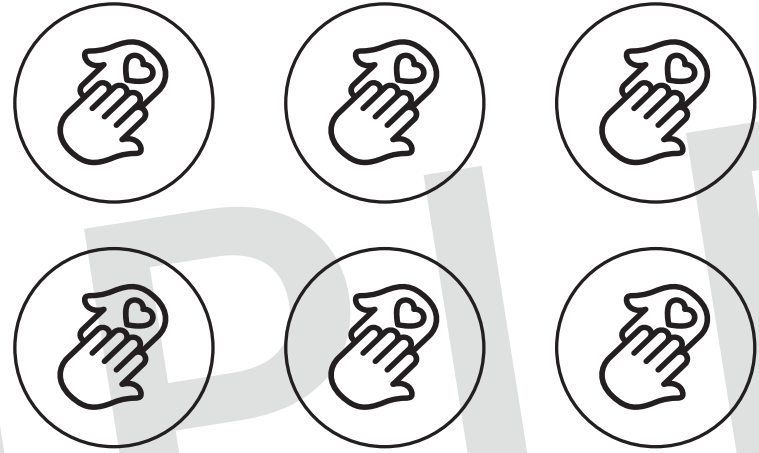
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one more way I can build connection with someone?"

(▲ Write or draw something you're excited to keep working on.)



3. The Magic of Self-Management | What This Skill Means to Me

PART

1

THE MAGIC OF SELF-MANAGEMENT:

A skill about managing emotions, choices, and actions to stay calm, focused, and ready to grow.

Key Points Review

1. Self-management helps us stay calm and make good choices.
2. We can pause, breathe, and think before we act.
3. It's okay to have big feelings—what matters is how we handle them.
4. Managing ourselves builds our personal competitive advantage.
5. When we take control of our actions, we get closer to the life we imagine.

Think About It:

- What helps you stay calm when something is hard?
- Why is it important to think before reacting?

I've Used This Skill When...

"One time I stayed calm or made a smart choice was..."

(▲ Use the space above to write a few sentences or draw the moment.)



3. The Magic of Self-Management | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What helps you calm down when you feel upset?
2. How do you remind yourself to make a good choice?
3. What does “staying in control” mean to you?
4. How do you know when your body needs a break or pause?
5. What’s something that’s hard for you to manage right now?
6. When did you feel proud of how you handled a big feeling?
7. What’s one thing that helps you stay focused?
8. Who is someone who helps you manage your emotions or actions?

My First Response:

My Second Response:

My Third Response:



3. The Magic of Self-Management | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



3. The Magic of Self-Management | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

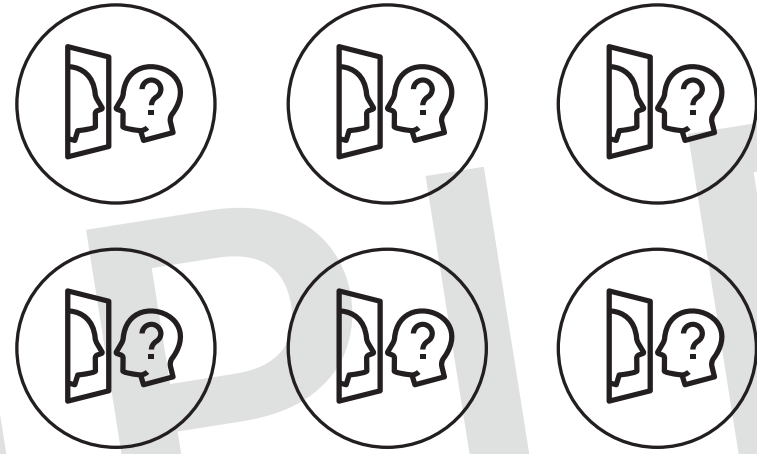
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one more way I can manage myself today?"

(▲ Write or draw something you're excited to keep working on.)



4. The Magic of Emotional Intelligence | What This Skill Means to Me

PART 1

THE MAGIC OF EMOTIONAL INTELLIGENCE:

A skill about understanding feelings (ours and others') to build stronger relationships and make smarter choices.

Key Points Review

1. Emotional intelligence means noticing and naming feelings.
2. We can learn how our emotions affect what we do and say.
3. We can also recognize how others feel and respond kindly.
4. Using this skill builds our personal competitive advantage.
5. When we understand emotions, we make better choices and grow stronger relationships.

Think About It:

- What kinds of feelings do you notice in yourself?
- How can understanding emotions help us be *kind and fair*?

I've Used This Skill When...

"One time I noticed someone's feelings or my own feelings was..."

(▲ Use the space above to write a few sentences or draw the moment.)



4. The Magic of Emotional Intelligence | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What emotion do you feel the most often?
2. How do you know when someone is sad or upset?
3. What's something that always helps you feel better?
4. Why is it important to name your feelings?
5. What's one feeling that's hard for you to talk about?
6. How do your emotions affect your actions?
7. What do you do when you see a friend feeling down?
8. What's one way you can respond kindly to someone's feelings?

My First Response:

My Second Response:

My Third Response:



4. The Magic of Emotional Intelligence | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



4. The Magic of Emotional Intelligence | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

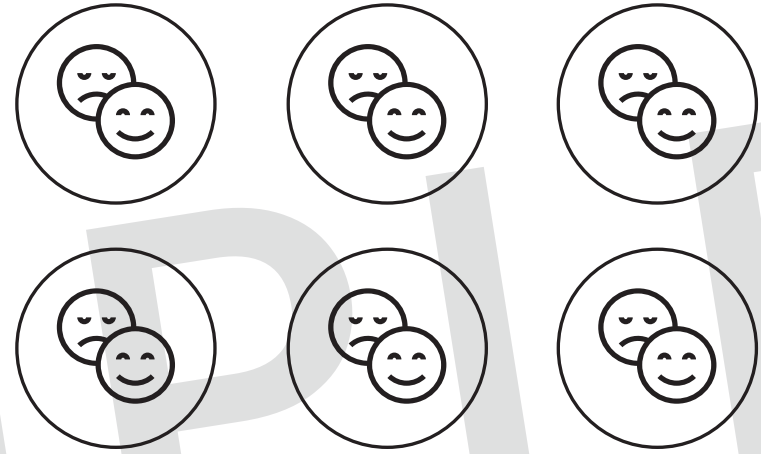
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I can understand emotions better tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



5. The Magic of Coping | What This Skill Means to Me

PART

1

THE MAGIC OF COPING:

A skill about staying steady and strong when things feel big, hard, or unexpected.

Key Points Review

1. Coping means handling tough feelings in safe and healthy ways.
2. We all face challenges, but we can learn tools to get through them.
3. Taking deep breaths, asking for help, or moving our bodies can help.
4. Coping well builds our personal competitive advantage.
5. It helps us grow stronger and reach the life we imagine—even when things are hard.

Think About It:

- What helps you when things feel overwhelming or frustrating?
- Why is it important to have healthy ways to cope?

I've Used This Skill When...

"One time I had a big feeling and used a coping tool was..."

(▲ Use the space above to write a few sentences or draw the moment.)



5. The Magic of Coping | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What's something that helps you calm down when you're upset?
2. How do you know when your body is stressed or overwhelmed?
3. Who is someone you can talk to when things feel hard?
4. What helps you feel safe during tricky times?
5. What's a coping strategy you've tried and liked?
6. How do you feel after using a healthy coping tool?
7. When was a time you handled something difficult really well?
8. What do you wish others knew about your big feelings?

My First Response:

My Second Response:

My Third Response:



5. The Magic of Coping | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



5. The Magic of Coping | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

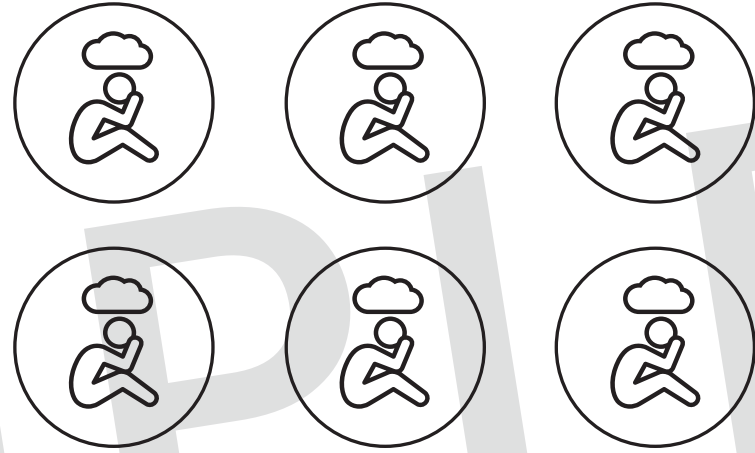
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one new coping tool I want to try next?"

(▲ Write or draw something you're excited to keep working on.)



6. The Magic of Communication | What This Skill Means to Me

PART 1

THE MAGIC OF COMMUNICATION:

A skill about sharing ideas, feelings, and needs in clear, kind, and confident ways.

Key Points Review

1. Communication means using our words, tone, and body to share clearly.
2. We can talk, write, listen, and use expression to connect.
3. Being honest and respectful helps others hear us better.
4. Strong communication builds our personal competitive advantage.
5. When we communicate well, we grow friendships and reach our goals.

Think About It:

- What helps you feel heard and understood?
- Why is it important to use kind words when we communicate?

I've Used This Skill When...

"One time I shared my ideas or feelings clearly was..."

(▲ Use the space above to write a few sentences or draw the moment.)



6. The Magic of Communication | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What helps you speak up when you have something to say?
2. How do you show someone that you're listening?
3. When do you find it hard to communicate?
4. What's one way you can be a better communicator this week?
5. What's something you've said recently that helped someone else?
6. How does it feel when someone really listens to you?
7. Who is a strong communicator you look up to and why?
8. What's one message you want to share with the world?

My First Response:

My Second Response:

My Third Response:



6. The Magic of Communication | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



6. The Magic of Communication | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

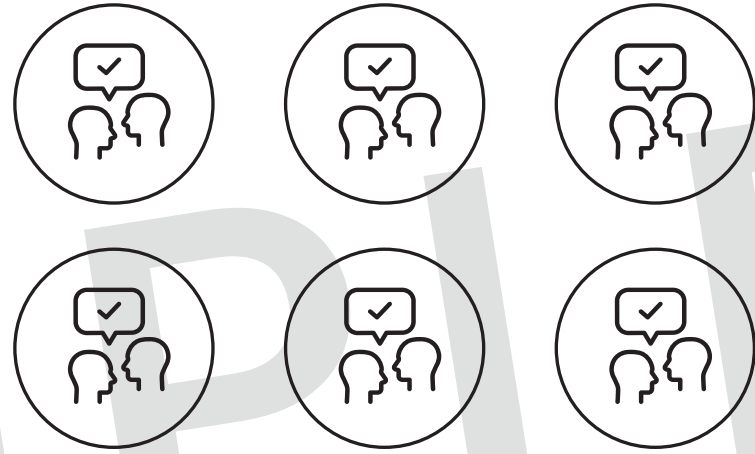
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll keep sharing my ideas with others?"

(▲ Write or draw something you're excited to keep working on.)



7. The Magic of Active Listening | What This Skill Means to Me

PART

1

THE MAGIC OF ACTIVE LISTENING:

A skill about truly hearing others with respect, focus, and an open mind.

Key Points Review

1. Active listening means giving our full attention when someone speaks.
2. We can show respect with our body, eyes, and words.
3. Listening well helps others feel heard, safe, and valued.
4. This skill builds our personal competitive advantage in all relationships.
5. When we listen with care, we learn more and grow closer to others.

Think About It:

- What helps you stay focused when someone is talking?
- Why is listening just as important as talking?

I've Used This Skill When...

"One time I really listened and understood someone better was..."

(▲ Use the space above to write a few sentences or draw the moment.)



7. The Magic of Active Listening | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What does good listening look and feel like?
2. When do you find it hardest to listen carefully?
3. What are some things that distract you when listening?
4. Who in your life is a really good listener?
5. How do you know someone is listening to you?
6. What's one thing you learned by listening this week?
7. What's a way to show respect while someone is speaking?
8. What's a time when listening helped you solve a problem?

My First Response:

My Second Response:

My Third Response:



7. The Magic of Active Listening | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



7. The Magic of Active Listening | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

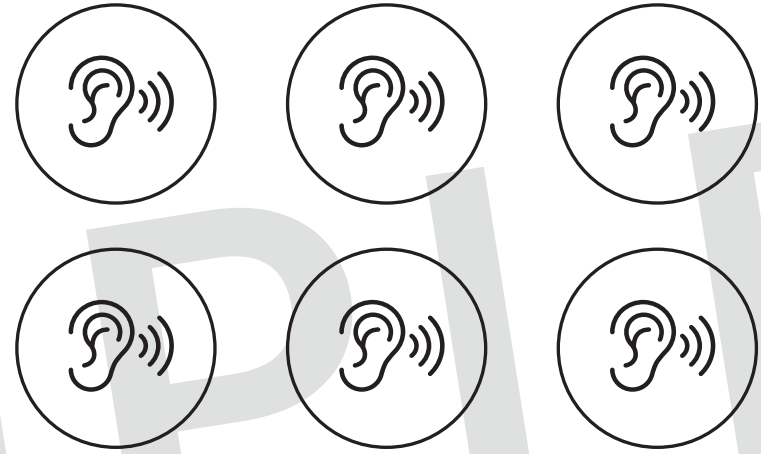
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll be a better listener tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



8. The Magic of Empathy | What This Skill Means to Me

PART 1

THE MAGIC OF EMPATHY:

A skill about noticing, understanding, and caring about how others feel.

Key Points Review

1. Empathy means imagining how someone else might be feeling.
2. We can show kindness by listening and being there for others.
3. Empathy helps us treat others the way they need, not just how we want.
4. This skill builds our personal competitive advantage in friendships and teamwork.
5. When we practice empathy, we make our world more caring and connected.

Think About It:

- When have you felt like someone truly understood you?
- Why does it matter to care about how others feel?

I've Used This Skill When...

"One time I noticed how someone else was feeling and tried to help was..."

(▲ Use the space above to write a few sentences or draw the moment.)



8. The Magic of Empathy | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. How can you tell when someone is feeling left out or sad?
2. What's something kind you did when someone was having a hard day?
3. Why is it helpful to imagine how someone else might feel?
4. When has someone shown you empathy, and how did it feel?
5. What's something you can say to someone who's feeling nervous?
6. How can empathy help you be a better friend?
7. What's one time you wished someone had been more understanding?
8. How can you grow your empathy this week?

My First Response:

My Second Response:

My Third Response:



8. The Magic of Empathy | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



8. The Magic of Empathy | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I can show more empathy tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



9. The Magic of Leadership | What This Skill Means to Me

PART 1

THE MAGIC OF LEADERSHIP:

A skill about guiding, inspiring, and helping others in positive ways.

Key Points Review

1. Leadership means making good choices that guide and support others.
2. Leaders listen, include everyone, and try to do what's right.
3. We can be leaders through our actions, not just our words.
4. Being a leader builds our personal competitive advantage.
5. Leadership helps us grow trust and make a difference in our world.

Think About It:

- What kind of leader do you want to be?
- Why is it important to lead with kindness and fairness?

I've Used This Skill When...

"One time I led by example or helped a group was..."

(▲ Use the space above to write a few sentences or draw the moment.)



9. The Magic of Leadership | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What does a good leader do that others can trust?
2. When have you seen someone be a great leader?
3. How can you show leadership even when you're not in charge?
4. What's something you've done to help lead a group or a friend?
5. What's one leadership quality you already have?
6. What leadership skill do you want to grow next?
7. How do leaders make others feel included and important?
8. Why is it important to listen when you're leading?

My First Response:

My Second Response:

My Third Response:



9. The Magic of Leadership | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



9. The Magic of Leadership | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

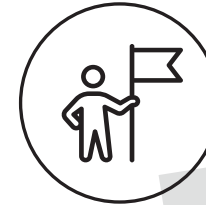
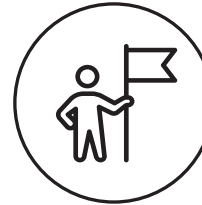
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll show leadership this week?"

(▲ Write or draw something you're excited to keep working on.)



10. The Magic of Teamwork | What This Skill Means to Me

PART 1

THE MAGIC OF TEAMWORK:

A skill about working together, sharing ideas, and helping a group succeed.

Key Points Review

1. Teamwork means working with others to reach a goal together.
2. It takes listening, sharing, helping, and respecting one another.
3. Being a great teammate means doing our part and cheering others on.
4. Teamwork builds our personal competitive advantage in school and life.
5. When we work well with others, we make bigger things happen!

Think About It:

- What makes you a strong teammate?
- Why do groups work better when everyone cooperates?

I've Used This Skill When...

"One time I worked with others to solve a problem or complete something was..."

(▲ Use the space above to write a few sentences or draw the moment.)



10. The Magic of Teamwork | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What do you like about working with a team?
2. What's something you can do to be a better teammate?
3. When has teamwork helped you succeed?
4. What makes a team fall apart or struggle?
5. Who is someone you enjoy teaming up with and why?
6. What's one team you're part of (in class, sports, family, etc.)?
7. What does it mean to share the credit with others?
8. How does teamwork help build trust and friendships?

My First Response:

My Second Response:

My Third Response:



10. The Magic of Teamwork | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



10. The Magic of Teamwork | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

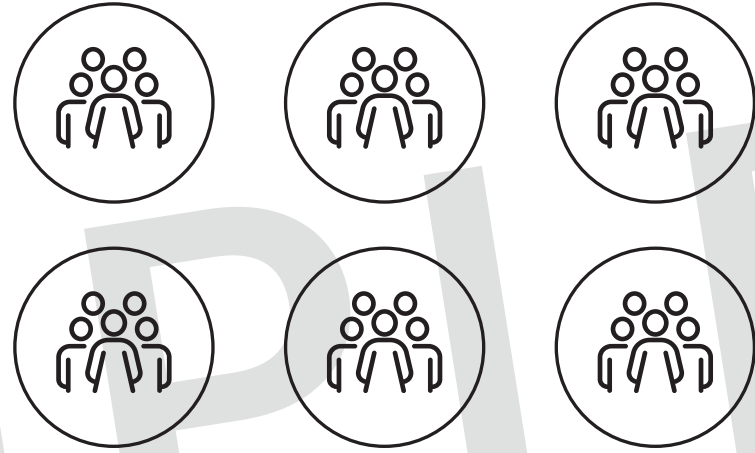
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll show teamwork tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



11. The Magic of Adaptability | What This Skill Means to Me

PART 1

THE MAGIC OF ADAPTABILITY:

A skill about staying flexible, calm, and ready for change.

Key Points Review

1. Adaptability means adjusting when things change or don't go as planned.
2. Being flexible helps us stay calm, solve problems, and keep moving forward.
3. We can adapt by staying open, asking for help, or trying new ways.
4. Adaptability builds our personal competitive advantage in any situation.
5. When we practice adaptability, we grow stronger, braver, and more confident.

Think About It:

- What helps you stay calm when things don't go as expected?
- Why is it important to be flexible and open to new ways?

I've Used This Skill When...

"One time I adapted to a change or tried a new way was..."

(▲ Use the space above to write a few sentences or draw the moment.)



11. The Magic of Adaptability | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What does being adaptable mean to you?
2. When have you had to change your plans suddenly?
3. What's something that helped you adjust to a change?
4. What do you say to yourself when something unexpected happens?
5. How can you stay positive when things don't go your way?
6. What's a time you tried a new way to solve a problem?
7. How does adaptability help you grow stronger?
8. What's one way you can practice flexibility today?

My First Response:

My Second Response:

My Third Response:



11. The Magic of Adaptability | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



11. The Magic of Adaptability | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll stay flexible and open tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



12. The Magic of Problem-Solving | What This Skill Means to Me

PART

1

THE MAGIC OF PROBLEM-SOLVING:

A skill about thinking clearly, making smart choices, and finding solutions.

Key Points Review

1. Problem-solving means finding ways to fix or improve something.
2. We can solve problems by staying calm, asking questions, and thinking through steps.
3. Every problem has more than one way to figure it out.
4. Solving problems builds our personal competitive advantage in school and in life.
5. When we solve problems, we grow more confident and capable each time.

Think About It:

- What helps you stay calm when a problem pops up?
- How does it feel to figure something out on your own?

I've Used This Skill When...

"One time I solved a problem by thinking it through or trying a new idea was..."

(▲ Use the space above to write a few sentences or draw the moment.)



12. The Magic of Problem-Solving | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What do you do first when you face a tough problem?
2. When did you solve a problem you didn't think you could?
3. What helps you stay calm when something goes wrong?
4. What's one way you ask for help when you need it?
5. How can solving problems help you grow stronger and smarter?
6. What's a time you thought of a creative solution to a challenge?
7. Why is it okay to try more than one idea?
8. How does solving problems build your confidence?

My First Response:

My Second Response:

My Third Response:



12. The Magic of Problem-Solving | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



12. The Magic of Problem-Solving | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

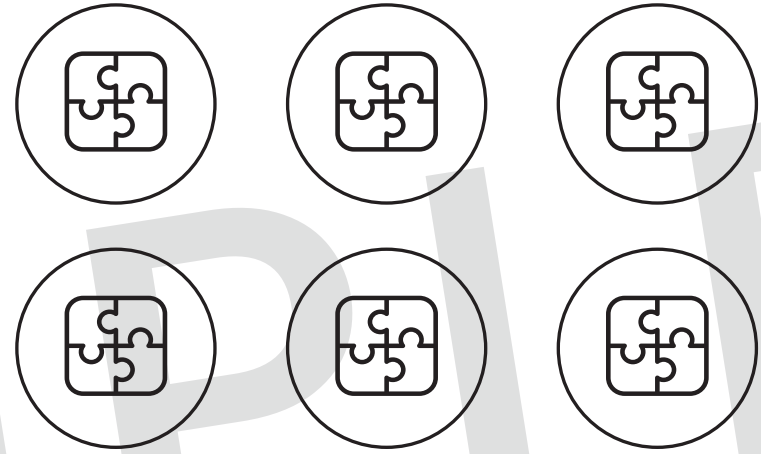
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one problem I want to solve better next time?"

(▲ Write or draw something you're excited to keep working on.)



13. The Magic of Critical Thinking | What This Skill Means to Me

PART 1

THE MAGIC OF CRITICAL THINKING:

A skill about slowing down, asking questions, and making thoughtful decisions.

Key Points Review

1. Critical thinking means carefully looking at ideas before deciding what to do.
2. It helps us ask questions, understand facts, and avoid rushing into choices.
3. We can use this skill to spot what's fair, true, or smart in any situation.
4. Thinking critically builds our personal competitive advantage in school and life.
5. When we think things through, we become wiser and make better decisions.

Think About It:

- What helps you slow down and think before acting?
- Why is it important to ask questions and not just guess?

I've Used This Skill When...

"One time I thought something through before making a choice was..."

(▲ Use the space above to write a few sentences or draw the moment.)



13. The Magic of Critical Thinking | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What does critical thinking mean to you?
2. When have you asked a good question that helped solve something?
3. What's a time you made a smart choice by thinking first?
4. What helps you tell the difference between facts and opinions?
5. What happens when people don't stop to think things through?
6. How do you know when to ask for more information?
7. What does a careful thinker look or sound like?
8. What's one situation where you want to think more critically next time?

My First Response:

My Second Response:

My Third Response:



13. The Magic of Critical Thinking | My Action Plan

PART 3

My Magic Step:

“What is one small step I can take to use this skill?”

“Each day I will try to...”

Support Squad:

“Someone who can help me take my step is...”

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

“I'll know I'm growing because I'll feel _____
and notice _____.”



13. The Magic of Critical Thinking | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

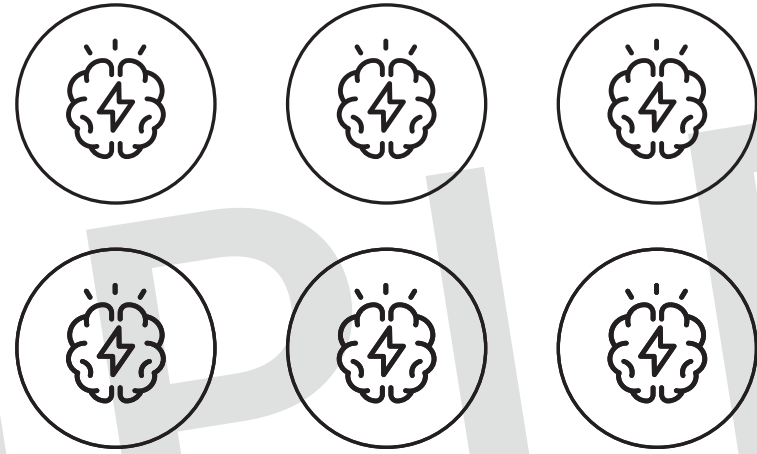
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one thing I want to think through more clearly tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



14. The Magic of Time Management | What This Skill Means to Me

PART

1

THE MAGIC OF TIME MANAGEMENT:

A skill about planning your time, staying on track, and getting things done.

Key Points Review

1. Time management means using our time wisely to do what matters most.
2. We can manage time by planning ahead, setting priorities, and staying focused.
3. Small tasks done on time can add up to big progress.
4. Managing time well builds our personal competitive advantage every day.
5. When we manage our time, we feel less rushed and more proud of what we finish.

Think About It:

- What helps you stay focused when there's a lot to do?
- How do you feel when you finish something on time?

I've Used This Skill When...

"One time I planned ahead or used my time well was..."

(▲ Use the space above to write a few sentences or draw the moment.)



14. The Magic of Time Management | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What helps you stay on schedule during your day?
2. What's something you finished on time that made you proud?
3. How do you remind yourself of things you need to do?
4. What's a time you waited too long and felt rushed?
5. What does it feel like to be organized with your time?
6. How can time management help with your goals?
7. What's a tool or trick you use to manage time better?
8. What's one way you'll plan ahead more tomorrow?

My First Response:

My Second Response:

My Third Response:



14. The Magic of Time Management | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



14. The Magic of Time Management | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll use my time even better tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



15. The Magic of Work-Life Balance | What This Skill Means to Me

PART 1

THE MAGIC OF WORK-LIFE BALANCE:

A skill about making time for work, rest, fun, and the people we care about.



Key Points Review

1. Work-life balance means giving time to both our responsibilities and our happiness.
2. It's important to rest, have fun, and spend time with people we love.
3. We feel our best when our days include learning, playing, and relaxing.
4. Balancing work and life builds our personal competitive advantage by keeping us healthy and focused.
5. When we practice balance, we grow stronger inside and out.

Think About It:

- What helps you feel balanced in your day?
- What happens when there's too much work and not enough play?

I've Used This Skill When...

"One time I made time for both my responsibilities and my fun was..."

(▲ Use the space above to write a few sentences or draw the moment.)



15. The Magic of Work-Life Balance | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What does balance in your day look like?
2. What's something fun you make time for each day?
3. When do you know it's time to take a break?
4. What's one way you keep your school and home time balanced?
5. How does balance help you feel calmer and happier?
6. What do you do to rest and recharge?
7. Who helps you remember to slow down or have fun?
8. What's one small step you can take to feel more balanced?

My First Response:

My Second Response:

My Third Response:



15. The Magic of Work-Life Balance | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



15. The Magic of Work-Life Balance | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

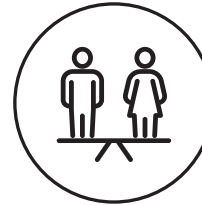
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one way I'll find more balance tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



16. The Magic of Networking | What This Skill Means to Me

PART 1

THE MAGIC OF NETWORKING:

A skill about making connections, helping others, and building strong relationships.

Key Points Review

1. Networking means meeting people, learning from them, and sharing who we are.
2. Every connection we make can help us grow and open new doors.
3. Asking questions and listening are powerful ways to build trust.
4. Building strong relationships strengthens our personal competitive advantage.
5. We never know when someone we meet will help us—or when we can help them.

Think About It:

- What helps you make new friends or connections?
- Who is someone you've learned something valuable from?

I've Used This Skill When...

"One time I met someone new and it helped me learn, grow, or try something new was..."

(▲ Use the space above to write a few sentences or draw the moment.)



16. The Magic of Networking | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. Who is someone new you've met recently, and how did it go?
2. What's one way to start a conversation with someone you don't know yet?
3. How do you show interest when someone shares something with you?
4. What are some ways to remember people's names or stories?
5. Why is it important to build connections with different people?
6. What's something you've learned from a friend or mentor?
7. How can helping others grow your own personal competitive advantage?
8. What's one step you'll take this week to make a new or better connection?

My First Response:

My Second Response:

My Third Response:



16. The Magic of Networking | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



16. The Magic of Networking | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

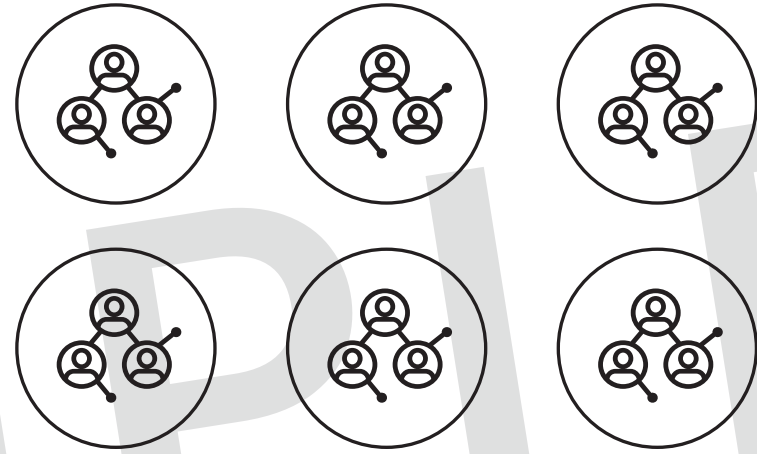
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one new connection I want to make or grow tomorrow?"

(▲ Write or draw something you're excited to keep working on.)



17. The Magic of Creativity | What This Skill Means to Me

PART 1

THE MAGIC OF CREATIVITY:

A skill about using your imagination to solve problems, express yourself, and try new things.



Key Points Review

1. Creativity means using our imagination to think in new, fun, and smart ways.
2. We can be creative with art, words, movement, ideas, and problem-solving.
3. Trying new things and making mistakes is part of being creative.
4. Creative thinking builds our personal competitive advantage and helps us shine.
5. Everyone has their own unique creative magic—what's yours?

Think About It:

- What helps you come up with new ideas or try new things?
- How do you feel when you create something that's your own?

I've Used This Skill When...

"One time I used my creativity to do something fun or solve a problem was..."

(▲ Use the space above to write a few sentences or draw the moment.)



17. The Magic of Creativity | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What's one thing you've created that you're proud of?
2. What does being creative look like for you?
3. How do you feel when someone likes your creative ideas or work?
4. What's a time when being creative helped solve a problem?
5. Where do your best ideas usually come from?
6. What makes your creativity different from someone else's?
7. What's something new you'd like to try or build?
8. What's one way you'll be creative today or tomorrow?

My First Response:

My Second Response:

My Third Response:



17. The Magic of Creativity | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



17. The Magic of Creativity | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one creative thing I want to try next?"

(▲ Write or draw something you're excited to keep working on.)



18. The Magic of Punctuality | What This Skill Means to Me

PART 1

THE MAGIC OF PUNCTUALITY:

A skill about being on time, showing respect, and building trust with others.

Key Points Review

1. Punctuality means being on time and ready when we're supposed to be.
2. It shows we respect other people's time and take our responsibilities seriously.
3. Being on time helps us feel calm, confident, and prepared.
4. Punctuality builds our personal competitive advantage and helps people count on us.
5. Small habits, like setting reminders or preparing early, make a big difference.

Think About It:

- What helps you get to places or finish things on time?
- How do others feel when you show up on time and ready?

I've Used This Skill When...

"One time I was on time for something important and it made a difference was..."

(▲ Use the space above to write a few sentences or draw the moment.)



18. The Magic of Punctuality | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. Why is being on time important to you or others?
2. What helps you remember when and where to be?
3. What does it feel like to be late for something?
4. What's a time you felt proud of being on time?
5. Who in your life is always on time, and what do you notice about them?
6. What do you do when you need to get ready quickly?
7. What's a small step you can take to be more punctual?
8. What can being punctual help you accomplish in the future?

My First Response:

My Second Response:

My Third Response:



18. The Magic of Punctuality | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



18. The Magic of Punctuality | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

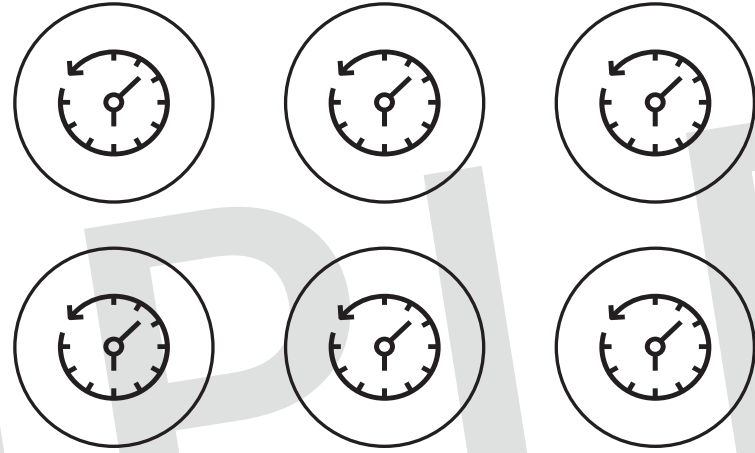
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one thing I'll do tomorrow to be on time or early?"

(▲ Write or draw something you're excited to keep working on.)



19. The Magic of Negotiation | What This Skill Means to Me

PART 1

THE MAGIC OF NEGOTIATION:

A skill about listening, sharing ideas, and finding fair solutions together.

Key Points Review

1. Negotiation means working with others to agree on something that works for everyone.
2. It takes calm voices, listening ears, and respectful sharing of ideas.
3. We can use negotiation to solve problems without arguing or giving up.
4. This skill builds our personal competitive advantage by helping us find smart and fair outcomes.
5. The goal of good negotiation is not to win, but to work together.

Think About It:

- When have you worked with someone to make a decision together?
- How do you stay calm and kind even when you don't agree?

I've Used This Skill When...

"One time I listened, shared, and worked out a fair solution with someone was..."

(▲ Use the space above to write a few sentences or draw the moment.)



19. The Magic of Negotiation | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What is something you've had to take turns or share with someone else?
2. What's a time when listening helped solve a problem?
3. How do you know when it's time to speak up or listen more?
4. Who do you trust to help solve disagreements fairly?
5. Why is it important to stay respectful during a disagreement?
6. What can happen when people don't listen to each other?
7. What's one small step you can take to become a better negotiator?
8. How does negotiation help you grow your personal competitive advantage?

My First Response:

My Second Response:

My Third Response:



19. The Magic of Negotiation | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



19. The Magic of Negotiation | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

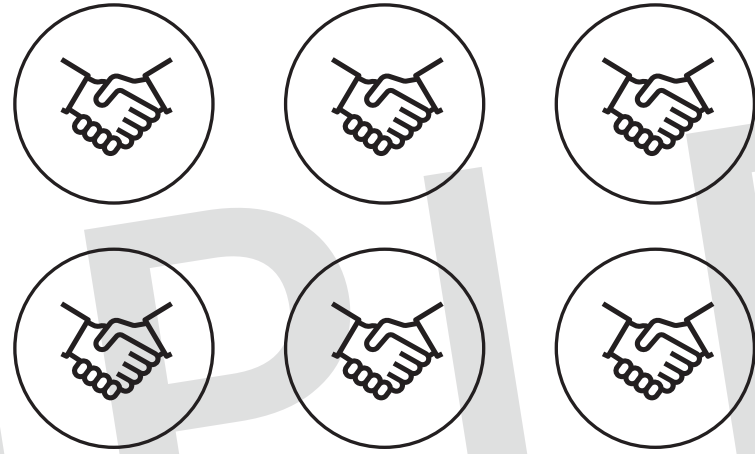
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one thing I'll do next time I need to solve a disagreement kindly?"

(▲ Write or draw something you're excited to keep working on.)



20. The Magic of Conflict Resolution | What This Skill Means to Me

PART 1

THE MAGIC OF CONFLICT RESOLUTION:

A skill about solving problems peacefully, listening with respect, and making things right.

Key Points Review

1. Conflict resolution means working through problems in a peaceful and fair way.
2. Listening, staying calm, and trying to understand each other helps fix tough moments.
3. We can talk about feelings without yelling or hurting anyone.
4. This skill builds our personal competitive advantage by helping us become trusted leaders.
5. Solving problems together helps everyone feel safe, respected, and heard.

Think About It:

- How do you feel when someone listens to your side during a problem?
- What helps you calm down and think before reacting?

I've Used This Skill When...

"One time I worked through a disagreement in a calm and fair way was..."

(▲ Use the space above to write a few sentences or draw the moment.)



20. The Magic of Conflict Resolution | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What's a time you had a disagreement that ended well?
2. How do you feel when someone doesn't listen to your side?
3. What helps you stay calm when you're upset?
4. Who do you go to for help solving problems peacefully?
5. Why is it important to use kind words in a conflict?
6. What does it feel like to fix something with a friend or family member?
7. What's one thing you can do when a conflict starts?
8. How does solving problems build your personal competitive advantage?

My First Response:

My Second Response:

My Third Response:



20. The Magic of Conflict Resolution | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



20. The Magic of Conflict Resolution | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

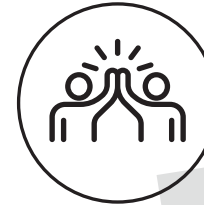
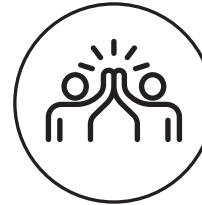
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one thing I'll try the next time a problem starts?"

(▲ Write or draw something you're excited to keep working on.)



21. The Magic of Being Bully-Proof | What This Skill Means to Me

PART 1

THE MAGIC OF BEING BULLY-PROOF:

A skill about standing tall, staying safe, and asking for help when something feels wrong.

Key Points Review

1. Being bully-proof means knowing how to stay calm, confident, and safe around unkind behavior.
2. We can speak up, walk away, or get help when we need it.
3. Everyone deserves to feel safe and respected in every space.
4. This skill builds our personal competitive advantage by helping us protect ourselves and others.
5. We are strong when we support one another and speak out with kindness and courage.

Think About It:

- What helps you feel brave and supported?
- Who are the trusted adults or friends in your life you can turn to?

I've Used This Skill When...

"One time I stood up for myself or someone else in a safe and kind way was..."

(▲ Use the space above to write a few sentences or draw the moment.)



21. The Magic of Being Bully-Proof | Pick a Journal Prompt

PART 2

Choose three of these prompts from the lesson and write or draw your responses below:

1. What does being “bully-proof” mean to you?
2. How do you feel when someone is being unkind to you or a friend?
3. What’s a kind and safe way to stand up for yourself?
4. Who can you talk to when something feels wrong?
5. Why is it important to include and support others?
6. What’s something kind you can say to someone who feels left out?
7. What helps you stay calm and confident when things get tough?
8. How does standing up for yourself build your personal competitive advantage?

My First Response:

My Second Response:

My Third Response:



21. The Magic of Being Bully-Proof | My Action Plan

PART 3

My Magic Step:

"What is one small step I can take to use this skill?"

"Each day I will try to..."

Support Squad:

"Someone who can help me take my step is..."

Where I'll Use It:

- ☐ At home ☐ In class ☐ In the community
☐ At practice ☐ With family ☐ Other: _____

(▲ Name or draw them.)

I Will Know I'm Growing When...

"I'll know I'm growing because I'll feel _____
and notice _____."



21. The Magic of Being Bully-Proof | Looking Back & Looking Ahead

PART 4

Something I Did Well:

"One time I used this skill was..."

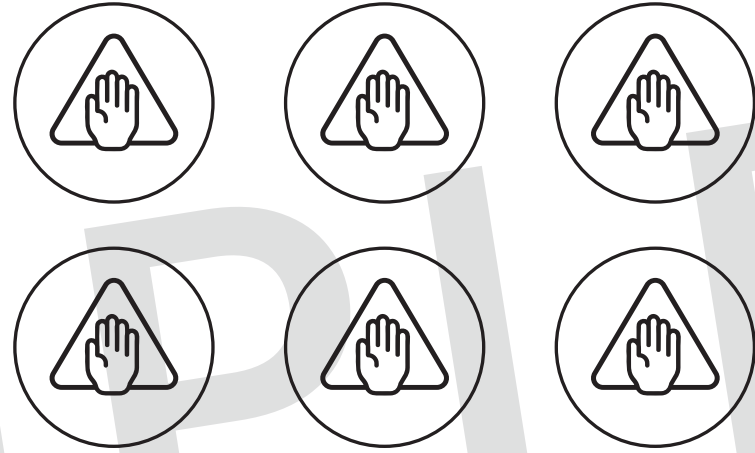
(▲ Write or draw your proud moment.)

How It Felt:

(▲ Use words or pictures to show how it felt inside.)

Celebrate Your Skill!

Color in or decorate one icon each time you use this skill!



My Next Step:

"What's one thing I can do to stay kind and strong every day?"

(▲ Write or draw something you're excited to keep working on.)

Notes:

SAMPLE

Notes:

SAMPLE

Notes:

SAMPLE

Notes:

SAMPLE



REFLECTION:

After completing this journal, think about what you have learned. Draw or write your thoughts.

SAMPLE





PROJECTION:

Next year is full of possibilities. How can your new skills help you grow into the kind of person you want to be? Write or draw your thoughts.

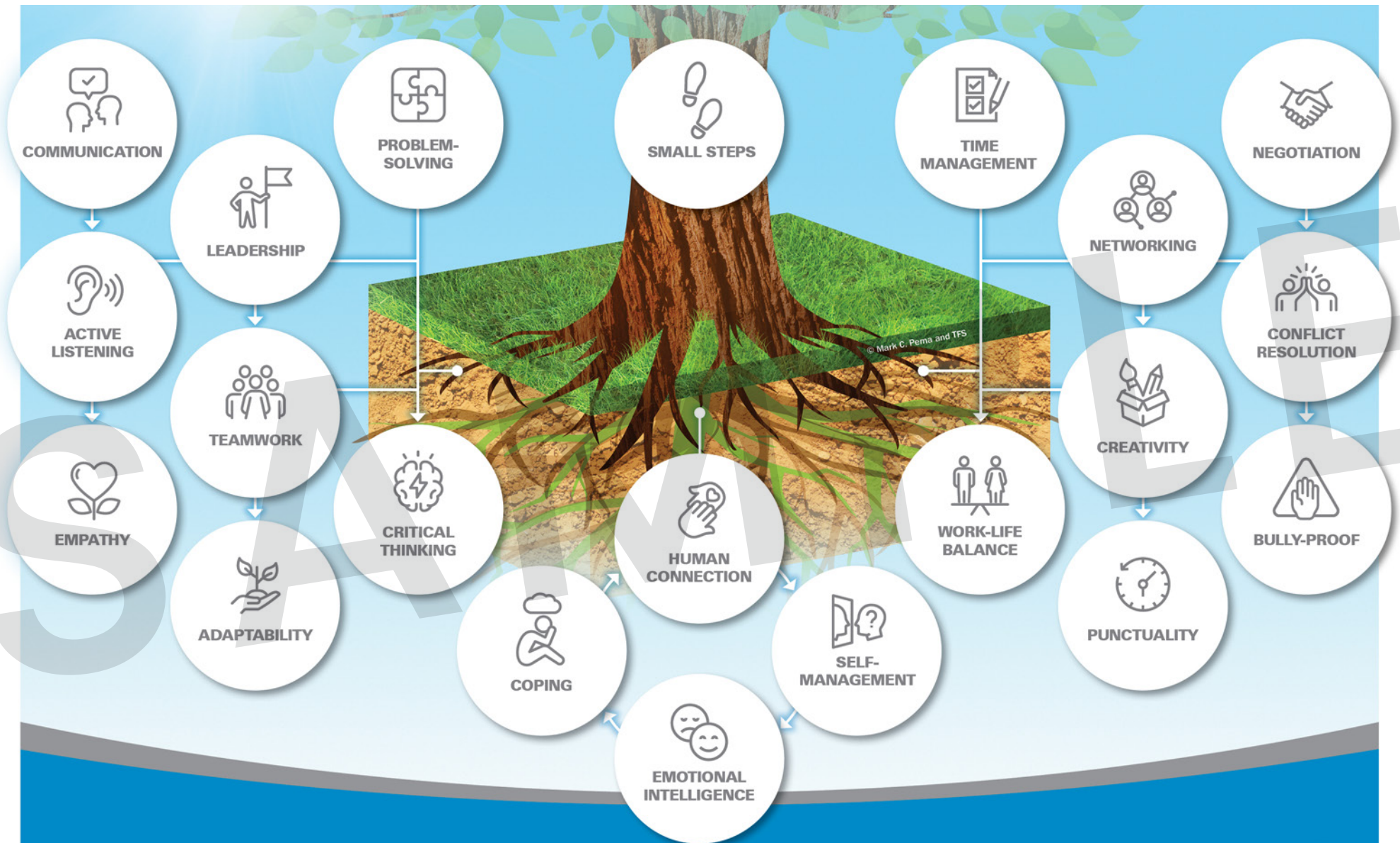
SAMPLE



SAMPLE

Campus administrators may purchase additional **Skill Tree™** materials
by contacting Kristy.warrell@tfsresults.com.

Track your progress! As you get better at each skill on this tree, color it in or put a Skill Sticker on it. Fill up your Skill Tree as you build your personal competitive advantage!



SKILL TREE™: MY COMPETITIVE ADVANTAGE



SAMPLE

CAREER  **TREE**®

SKILL  **TREE**™



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