

30-DAY SOCIAL SKILLS CHALLENGE



☐ **Day 1** Show empathy to another person.	☐ **Day 2** Think before speaking or acting.	☐ **Day 3** Compromise.	☐ **Day 4** Disagree respectfully.	☐ **Day 5** Use self control.
☐ **Day 6** Take responsibility for your actions.	☐ **Day 7** Regulate your emotions.	☐ **Day 8** Practice using personal space.	☐ **Day 9** Resolve conflict peacefully.	☐ **Day 10** Read non-verbal social cues.
☐ **Day 11** Accept different opinions.	☐ **Day 12** Use positive words to communicate.	☐ **Day 13** Use appropriate manners.	☐ **Day 14** Work together with someone on a task or project.	☐ **Day 15** Take turns in a conversation.
☐ **Day 16** Apologize respectfully.	☐ **Day 17** Make eye contact when speaking with people.	☐ **Day 18** Wait patiently.	☐ **Day 19** Ask permision before doing or borrowing.	☐ **Day 20** Set up a healthy routine.
☐ **Day 21** Reflect on a good or bad decision.	☐ **Day 22** Identify one action that impacted others.	☐ **Day 23** Give someone a compliment.	☐ **Day 24** Offer help or support.	☐ **Day 25** Accept critisicm gracefully.
☐ **Day 26** Take a risk for something new.	☐ **Day 27** Celebrate someone else's successes.	☐ **Day 28** Spend time with a friend.	☐ **Day 29** Use appropriate voice, tone and volume.	☐ **Day 30** Forgive someone.

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THE NAME THAT HAS HELPED THOUSANDS

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