



University of Maine Cooperative Extension
Maine 4-H Project Record
Life Skills Accomplishment Form
 (Use a different form for each project)

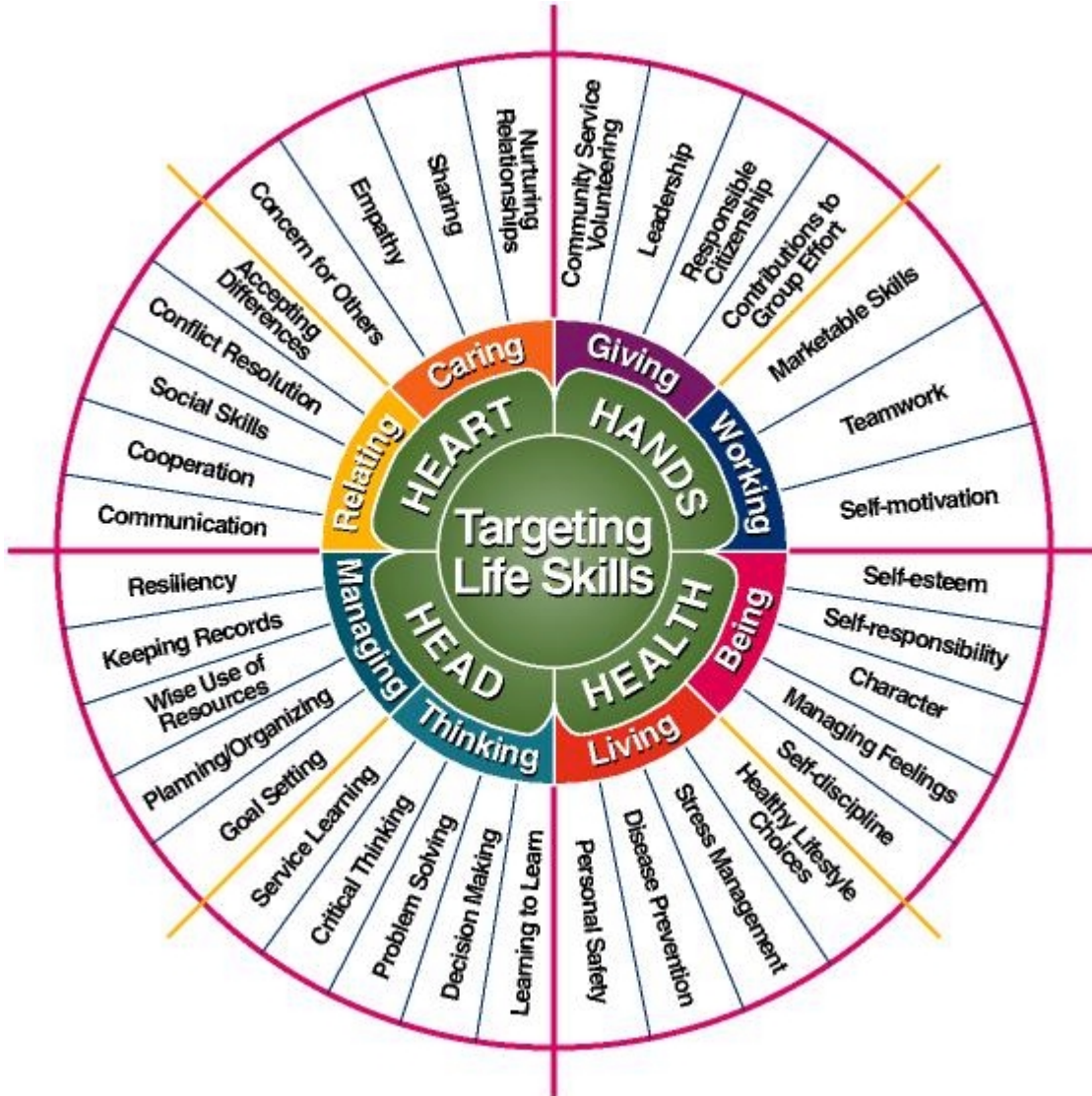
I used one or more of these Life Skills during this project (must be skills from the Targeting Life Skills Wheel, on reverse side)	What I learned as a result of using this skill:
Life Skill Head <i>Example: Critical Thinking</i>	<i>Example: I learned that the number of bytes of data affects how long a file takes to download.</i> <i>Example: I was prepared for show and my heifer won a blue ribbon.</i>
Life Skill Heart <i>Example: Sharing</i>	<i>Example: I learned that younger 4-Hers enjoyed learning from me and working together to create a Web page.</i> <i>Example: I learned how to give younger 4-H members pointers on how to fit and show their animals properly.</i>
Life Skill Health <i>Example: Healthy Life Choices</i>	<i>Example: I learned that 4-Hers gain self-esteem by creating attractive Web pages to put on the Internet.</i> <i>Example: I learned that animals don't grow well unless they receive the proper food.</i>
Life Skill Hands <i>Example: Self-motivation</i>	<i>Example: I learned that a team makes a better Web page than one person working alone.</i> <i>Example: I learned that if I didn't take care of my heifer, nobody else would do it for me.</i>

Member Name: _____ **Age:** _____

Project Title: _____ **Years in Project:** _____

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Life Skills Used in 4-H



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With colored pencils or highlighter, color in all of the life skills you used while completing this year's project.