

**MSTP => 35 Adult LIFE SKILLS**

Keep a **note** to where you **stopped** at in this PDF. So, you can return to the same place.

This **PDF** has over 100 pages

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**KKKK More to be added here on. More viewing starts on page 5**  
**Young life skills**

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This sponsoring Lions Club does **NOT** endorse all information contained this **MSTP > PDF # 35** part.

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**Teen Life Skills**

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**Collage Life Skills**

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**Daily Life skills**

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**Girl Daily Life skills**

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**Boy Daily Life skills**

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**Woman Daily Life skills**

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**Man Daily Life skills**

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**TWELVE LIFE SKILLS**

**TEN (well maybe 12) LIFE SKILLS**

**What really tells a woman – she is a woman?**

**What really tells a man – he is a man?**

**LIFE SKILLS**

**12 Life Skills Schools Should Teach**

**12 Life Skills Schools Should Teach // I'm excited to share 12 life skills I believe schools should emphasize more and / or make more widely available. I consider them extremely important for the real world. Please comment and let me know your thoughts!**

[https://www.youtube.com/watch?time\\_continue=6&v=3nIvNze-8Ww](https://www.youtube.com/watch?time_continue=6&v=3nIvNze-8Ww) **11 min**

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### The **12 Important Life Skills** I Wish I'd Learned In School

“Formal learning can teach you a great deal, but many of the essential skills in life are the ones you have to develop on your own.”  
~ Lee Iacocca

I learned an immense amount in school. I think teachers have probably the best job in the world. The importance of an education is irrefutable. In fact, I wrote an article a couple months ago **“Undercover Superheroes: The Hidden Powers of Teachers”** about the wonderful value of teachers. That being said having been in the so-called “real-world” for a fair amount of time, there are certain life skills that I feel I **didn't** learn enough about in school.

Many items on the list below are touched upon, some covered in more depth than others in our schooling, but I think the key factor is where the emphasis is placed. What I've come to learn is there's specific angles towards and pieces of these subjects that should be looked at and studied more closely in an effort to give students a real edge before being handed a diploma and heading down life's path. Many of the same items I'm going to share have been mentioned in various articles all over the internet. But I wanted to share my top 12. The 12 life skills I strongly feel are most important some of which schools touch on but **don't** emphasize nor go into enough detail about.

Too much graphing parabolas, memorizing the quadratic formula, and learning to diagram sentences and **not** enough real-world material to use and apply. With that being said, here are the top 12 life skills I wish I learned more about in school.

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1. - Managing Money (the right way)

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<http://abcnews.go.com/topics/business/finance/unclaimed-money.htm>

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Schools like to teach finance, accounting, etc. but they fail to emphasize the importance of saving, how to keep your own budget, how to manage your own money, and how our tax system works.

Required in depth courses on building my own personal budget, negotiating contracts, reading financial statements, creating a budget geared towards long - term saving, investing in companies and buying stocks would have been extremely beneficial. Above all else, we underestimate the importance of learning what the value of a dollar really means.

While all of these are absolutely touched on in finance and business courses, the importance of maintaining a self-budget and managing your personal money should be required courses for all and heavily emphasized as required comprehension for life's journey.

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## 2. Mental Health

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<http://www.ox.ac.uk/news/2014-05-23-many-mental-illnesses-reduce-life-expectancy-more-heavy-smoking>

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There is an immense amount of controversy today about mental health. From ADHD to schizophrenia to bipolar to depression and onward there is a long list of undiagnosed mental illnesses in our society. **Not** only that, but with controversy about big pharma, meds being under and over prescribed, lots of denial, and misdiagnosis many are forced to go through life without quality awareness of their mental state. A 2014 report by **Newsweek** stated that 42.5 million American Adults or 18.2% of the total adult population in the United States suffers from **mental illness**. (**Of which 87 % are caused from satan's demons.**) That's nearly 1 in every 5 Americans. By emphasizing this as a topic of required learning and discussion, students would go into the real world **not** just with much more understanding of each of the primary mental illnesses and medical or holistic approaches that could help them, but with a better understanding of themselves.

If you know what the issue is within yourself, you can find a way to fight it. There is therefore great value in learning more about this. Let's start placing more emphasis on educating our children on mental health so that our future generations can live happier and more fulfilling lives and achieve what they are capable of.

The [Huffington Post](#) published a report in 2014 – 15 “[19 Statistics That Prove Mental Illness Is More Prominent Than You Think](#)” that illustrated how obtrusive mental health really is in our lives. Here are some of their results:

61,500,000

The approximate number of Americans who [experience a mental health disorder in a given year](#). That's [one in four adults](#).

\$100,000,000,000

The estimated [economic cost of untreated mental illness](#) in the U.S. This includes unemployment, unnecessary disability, substance abuse and more.

70 – 90%

The percentage of individuals with [mental illness](#) who saw improvement in their symptoms and quality of life [after participating in some form of treatment](#).

25%

The approximate amount of people with a [mental illness](#) who feel that others are [compassionate or understanding](#) toward those suffering from one of the disorders.

350,000,000

The number of people worldwide who are [affected by depression](#).

40,000,000

The number of adults who [suffer from anxiety disorders](#) in the U.S.

30%

The number of college students who reported feeling depressed to the point where it [negatively impacted their ability to function](#). Approximately 7.5 percent of college students also reported earlier this year that they [seriously considered suicide in the last 12 months](#).

60%

The percentage of adults who didn't receive mental health treatment in 2012.

90%

The percentage of people who [die by suicide](#) who [also had a mental health disorder](#).



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### 3. Dating and Romantic Relationships

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<http://onlinedatingromance.podbean.com/>

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**“Romance has gone the way of cursive handwriting.” ~ Rachel Greenwald, Author and Dating Coach**

Nothing is more saddening than people who continue to get straight A’s in school, pile on the electives, build great resumes, yet have forgotten or never realized the meaning of love. I wrote a column on this topic last month **[“Love’s Mysterious Aura: 3 Important Theories.”](#)** Many people lose out on love simply because they **don’t** realize that indeed there is much to learn about falling into, maintaining, and flourishing in dating and romantic relationships.

There is a lack of knowledge today on attachment theories, what romance means to people, the rules of dating (**are there rules?**), and the meaning of love. If this was focused on more in schools. I strongly feel we'd be more prepared for "the one" when he or she comes along.

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#### 4. Home & Car (**Buying, Selling, Repair, Management, Maintenance**)

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<https://acutreatments.com/car-insurance/auto-and-home-insurance-opt-for-a-combined-package-to-benefit-24816/>

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There is **not** nearly enough emphasis on importance of buying and selling a car and home. This is a very extensive process that frankly most people come out of school **not** having a clue about. Buying or leasing a car is an ordeal to say the least. First off you have to decide which is best for you in your given situation. Then it's a process. Car Salesmen are ruthless as far as sticker price, negotiation tactics, and strategic ways of talking to people to screw them over. **Not** to mention once you have the car there's certain tips and tricks you need to know to properly maintain it, find good car insurance, and manage it's day to day.

The same goes with buying and selling a home. There's the timing of it, negotiating a good price, home owner's insurance, getting pre - approved for a mortgage, your down payment and loan price, dealing with real estate agents and developers, and finally once you have it maintaining it especially during harsh weather. Any homeowner will tell you keeping a home up to speed is a massive undertaking. I put my Dad's Christmas lights on the house last week. That's a grain of sand on the beach of maintaining a home. There're endless amounts of information to be learned that just **isn't** taught much in schools.

One must learn the strategies for buying and selling and also how to maintain. Many exit schools having **no** idea about either one.

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### 5. Marriage, Family, and Raising kids

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<https://www.care.com/c/stories/5057/25-quotes-about-marriage-and-raising-kids-tog/>

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Marriage, family, and kids are hard work. There are many - many wonderful things about family, but it has a lot of ups and downs. Maintaining a marriage over the course of several decades (or more) can be very hard work. Only an intense understanding of love, connection, and the depths of it's meaning can bond two people for a relationship's long-term course. Raising a family is **no** easier. Ask anyone raising a newborn, toddler, or teen and most will tell you there was so much to learn that they **didn't** know prior. There's much to be learned in the real world about marriage, family, and children we **didn't** know anything about upon leaving school.

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## 6. Credit Cards

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Coming out of college many people **don't** know what credit cards are all about. How interest is calculated, what card to get, what a good interest rate is, how your credit score is affected, how minimums are calculated, and where credit card points and rewards come from are some of the many things to be learned. People must learn to build good credit for themselves. It's an important tool in life's toolbox to have if they intend to buy a car and home. Good credit has other advantages too. You can get discounted or free phones, approval for rent, and even lowered insurance premiums among many other shopping and travel perks.

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**Fifteen Things God **WON'T** Ask: - (Author Unknown)**

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.

2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.
6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.
10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask you if you loved your Grandma and Grandpa => but will ask you if you stayed with them a week each spring and each fall – if you had a real relationship with them.
14. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.
15. God **won't** ask about the color of your skin => but will ask about the content of your character.
16. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.



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### 7. Professional Etiquette / Manners

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<http://www.philpercs.com/2015/10/philosophy-of-etiquette.html>

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There're so many people in the work place who are frankly clueless about how to write good e-mails. They also are horrible at handling themselves in a formal or professional setting and are **bad** communicators. Communication is critical in so many corners of life.

Courses in our schools implementing professional work etiquette would be extremely beneficial. It can be as **simple** as writing a thank you card after a job interview to using proper notation in a professional correspondence.

My grandmother Gloria "Go - Go" Pilkington was a stickler for hats indoors. If you came in with a hat on, she'd stare you down and by all means you better take that hat off. If you wore a hat to the dinner table?

Forget it. I can only imagine her in today's iphone age. If she saw an iphone at the table I think it would be the end of all things.

Point is, Go - Go was right. We've lost our connection to manners and common etiquette. I think above all else they teach us to respect each other's and ourselves.

If we show our appreciation for each other in formal and informal settings it brings positive qualities out of us all. Positive reinforcement and support is an essential human need. Professional etiquette and Manners are the subtext of this. Particularly in the last few decades we have lost some of our connection to common etiquette. Schools should start making more of an effort to emphasize manners so that our future generations revitalize them. Go - Go was right.

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## 8. Cooking

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<http://www.mnn.com/food/healthy-eating/stories/7-resolutions-help-you-cook-more-year>

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Let's just say this one **hasn't** done me any favors. I'm **not** much of a food buff. In fact, all I know how to cook is scrambled eggs, grilled cheese, popcorn, and coffee (**does that even count?**). And protein shakes. Good grief.

This has done me **no** favors in the dating scene either. The fact is, cooking is a very important skill for home life, family, and romantic relationships / dating. Many have said that “Food is love.” Coming out of college **not** knowing how to cook is a shame. Cooking is an important part of our history.

When I tell a woman I’m really great at making a grilled cheese and coffee there’s a bit of a blank stare. On that note, time to go take a cooking class...

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### 9. Time Management

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<http://tumblingcoach.com/blog/cheer-mistakes/>

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**This is one of my favorites. We drastically underestimate the importance of time management. In my opinion time management is critical. However, by no means would I imply that every moment of our lives should be spent working. The time spent doing leisure activities, hobbies, self - development, and especially family time are crucial for being a healthy, happy person. There's also certain hours of the day though that should be turned to focus on our life goals. How we spend those moments is critical. Time keeps on going. Unfortunately, most people ineffectively manage it. There are strategies to help one improve and apps and programs one can download to improve this skill. Managing time effectively keeps us self - disciplined and focused on our goals at hand. Most people come out of college knowing little to nothing about how to manage and balance their time.**

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## **10. Coping with Failure**

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<http://lifehacker.com/how-to-move-past-failure-1597951611>

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“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.” ~ Michael Jordan

There’s a misconception that failure means you’ve lost the game in life. This **couldn’t** be further from the truth. People graduate school thinking they can conquer the world. They have their first set of failures and they hit a wall. When people realize that failure is actually part of success, they have breakthroughs. My high school theater teacher Wayne Salomon use to tell our class “Fail. Fail better.” At the time I **didn’t** know what it meant. But it grew on me. There’s an interview with Will Smith I saw recently where he talks about how “**fear kills** creativity.” I agree whole heartedly. You have to be **fearless** and **not** afraid to take risks. **Remember** that Jerry Maguire quote at the Kinkos at 3 am? “That’s how you become great man. Hang your balls out there.” There’s tremendous truth to this. And **not** enough strategies, skills, and programs are implemented in our schools to teach our youth about failure being a given, how to react when it comes, and how to build on our failures. Listen up.

Will Smith says in this video: “You have to fail early, you have to fail often, and you have to fail forward” Start it around the 2:30 mark and watch.

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## 11. Survival Skills

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<https://www.surefirecpr.com/basic-first-aid-and-survival-skills/>

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I was in Boy Scouts when I was in grade school. My Dad made me stick with it. In hindsight I now realize why. There are essential survival skills they never teach in school or when you are in dire straits. First Aid, CPR, swimming, how to light a **fire**, read a compass, make smoke signals, read topography, and changing a car tire all to name a few. While scouting taught me a lot I feel I could have learned even more had schools implemented these skills. At any moment you never know when you or someone around you will suddenly be in trouble and to be self - sufficient in a life and **death** situation is a platform of knowledge unfortunately most people lack.

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## 12. How to Apply for jobs

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<http://livelyupdates.com/category/Jobs/index.html>

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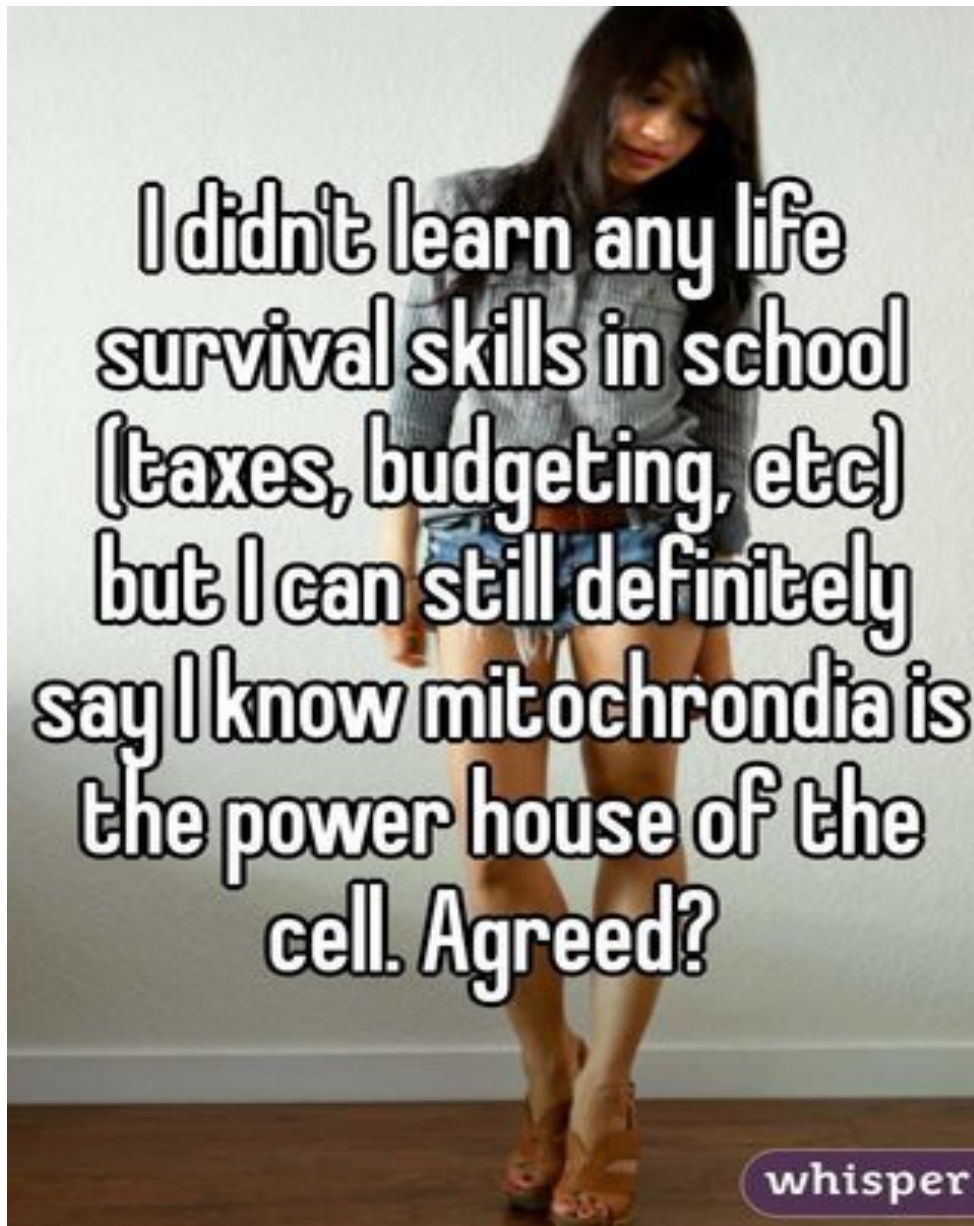
Many people **don't** have any idea about how to find jobs. They **don't** know where to job hunt, how to write a good resume, what temp agencies are, what employers look for, the structure of companies, how to give themselves an edge, and how to find who does the hiring. Once the process starts, they **don't** know how to interview. There is certain strategies and tips people can use throughout the interview process.

I personally find **LinkedIn** to be a wonderful resource for job hunting. Believe it or **not**, it is still underused by many. The before, during, and after of the job application process should be incorporated more into our school's curriculums.



Finding quality jobs is a life skill that is required to reach our goals and achieve our maximum potential.

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[www.whisper.com](http://www.whisper.com)

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By Geoff Pilkington: You can connect with me on Instagram at [geoffreypilkington](#), or listen to a recent podcast I was on discussing my theories on ADHD:

<http://www.seeinadhd.com/adhd-mind/>

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### 12 Life Skills Schools Should Teach

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[https://www.youtube.com/watch?time\\_continue=6&v=3nIvNze-8Ww](https://www.youtube.com/watch?time_continue=6&v=3nIvNze-8Ww)    **11 min**

<https://medium.com/the-mission/the-12-important-life-skills-i-wish-id-learned-in-school-f4593b49445b>

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**Will Smith: New Music in 10 Years [FULL INTERVIEW] | Beats 1 | Apple Music**

Will Smith **stops** by the Beats 1 studio to talk to Zane Lowe.

[https://www.youtube.com/watch?time\\_continue=12&v=CT4zlcKgOm8](https://www.youtube.com/watch?time_continue=12&v=CT4zlcKgOm8) **19 min**

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**10 Essential Life Skills You Need to Learn Right Now | The Lifestyle Fix**

Living life as an adult is hard. That's because we **don't** always know what is important for us to do or learn. Until now. In this video, Tasha tells you some life skills that you must learn right now to start living your best life.

This video is brought to you by Wealthsimple. Start investing in your future at <http://www.wealthsimple.com/promo/lif...> — our followers get \$10,000 managed for free for one year when you sign up for your first account. (**Applicable to residents of US, Canada + UK**). \*Please **note** that the offer mentioned on this video of a \$50 cash bonus is **no** longer applicable.

<https://www.youtube.com/watch?v=Og0iEyjC9uk> **11 min**

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**From Broke to Millionaire | Gary Keese on Sid Roth's It's Supernatural**

On this episode of Sid Roth's It's Supernatural, Gary Keese was so hopelessly in debt he was afraid to leave his house. Then God downloaded to him the mysteries of money. Today Gary's a millionaire and he's taught thousands what God showed him.

<https://www.youtube.com/watch?v=1eCtjmsv5w> **28 ½ min**

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**Miracles Caught on Camera - Angels Caught on Camera - God’s Loving Mercy Caught on Camera**

This is the 4th installment of Miracles are real. Miracles remind us that God **doesn't** depend on the elements of nature or man’s abilities in order to do the impossible. This video proves that Miracles happen.

<https://www.youtube.com/watch?v=HyPwDg1gOg4> **14 ½ min**

**"I Had A NDE, and It Was Beautiful!" (True Story!)**

These are a collection of 100% **TRUE** paranormal Stories. Here at "Strange But **True** Stories", we vow to bring you 100% **True** cases of: Paranormal Stories, Bigfoot stories, Time Glitches & the Mandela Effect, and so much more! You can submit your **TRUE** story to us at: [strangebuttruestories2@gmail.com](mailto:strangebuttruestories2@gmail.com)

<https://www.youtube.com/watch?v=c2mrH18YgX0> **21 ½ min**

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**I Died & Saw Heaven. Find Out What I Saw in Heaven! | Jeannette Meadows**

In this It's Supernatural! Classic episode from 1999: Jeannette Meadows scored in the top ten percent on intelligence tests until she **died** on the operating table. She saw **Heaven** and returned to her body. When she returned to life, she **didn't** even know the alphabet. It took her eight months to learn to just take a bath. It is a medical miracle she can think and speak so clearly!

<https://www.youtube.com/watch?v=SGgW9rRUGfo> **27 min**

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## 25 Life Skills You Should Master by Age 30

Adulthood! Whether or **not** you're officially there or still dipping your toes in, there are certain life skills that all of us — **no** matter our marital or homeownership status — should strive to attain. Simple things like recalling a name the very first time you've been introduced to someone or sending a thank-you note in the mail really do make all the difference. So, what are the most important skills that we think you should master before you hit the big 3 - 0? Read on to find out.

1. **Keeping a calendar of your commitments.** As we get older, our brains become increasingly crowded with things we need — and want! — to **remember**.

Do yourself, and those you've made plans with, the favor of keeping a calendar that you actually look at regularly.

2. **Timely gift - giving.** **Not** a week later, certainly **not** a month later. We know, we know. You're searching for the perfect piece.

Start your search earlier, and arrive to that birthday party, housewarming, or whatever gathering you're attending gift in hand.

3. **Wrapping said gifts.** Wrap it your gifts. Throw a bow on it. Add a card. If you're craft-impaired, see if the store you're buying it from offers complementary gift wrap. Many do!

4. **Making dinner reservations in advance.** **Don't** wait till Friday night to browse OpenTable. Keep an eye on approaching dates and get everything sorted in advance so you're **not** scrambling last-minute when you want a great meal or greet a guest is in town.

5. **Sending thank-you cards.** **No**, a text or email does **not** qualify. Having a set of blank thank-you notes for a variety of occasions — and stamps! — is majorly adult.

6. **Handling your healthcare properly.** Prescriptions, doctor's appointments, reimbursements, oh my! Scheduling your own meetings and managing your finances kind of means you have arrived at adulthood.

7. **Remembering** names the first time around. Is anything more surprising than when someone who you've only met once recalls your name?

8. **Don't lie:** It's impressive! Try repeating a new acquaintance's name back to him or her or thinking of a funny story about the name to help you **remember**.
9. **Tipping properly.** Whether you're traveling and need to tip the bellman or you're getting a blowout at the local salon, tipping varies depending on service. 10 to 20% is a good rule of thumb for most industries. When in **doubt**, ask.
10. **Taking care of your clothes.** Iron the clothes that need to be ironed. Get clothes dry - cleaned whose tags call for it. Hang the correct items to dry. They'll last longer, and you'll look better; we promise.
11. **Saying "no."** Turning down all of those "shoulds" will help you focus on the things that really matter.
12. **Being on time, consistently.** By now you should know if you have a **bad** case of chronic tardiness. **Stop** using it as a crutch and learn what it takes for you to arrive on time.
13. **Having business cards in your wallet.** You never know who you'll meet! It's often the connections we make out and about in the real world that yield amazing opportunities.
14. **Exercising self - control.** Whether it's resisting impulse buys or one drink too many on a school night, being able to rein it in when necessary is a good idea if you want to behave more like an adult.
15. **Keeping, and sticking to, your to - do lists.** Your adult to-do list is more than just a place for you to scribble down all of the things you need to get done. You actually have to do them.
16. **Paying bills on time.** Another thing to add to that ole planner! Bonus skill: having enough money to automate the paying of said bills.
17. **Staying on YOUR budget.** There are countless personal financing apps out there to help you stay on track with this. Download them. Stick to them. Save yourself the stress and any up-coming hardship.
18. **Having at least the basics in your kitchen at all times.** A refrigerator with some fresh fruit and vegetables, plus the dry - goods basics, will ensure you are **not** eating cereal in bed every night. Goals, we know.
19. **Following through.** Have set plans? Told a friend you'll help with something? **Don't flake!** An important facet of this one is simply **not** over - committing yourself (see #10) so you **don't** have to flake on your commitments.

20. Taking care of small home projects. Installing curtain rods, hanging shelves and — more importantly — knowing what tools to use to ensure they **don't** come crashing down are something we should all strive for. Yes, we live in the age of Task Rabbit, but we try and we learn!
21. Paying your taxes on time. Even if you're a total amateur in the world of taxes, there's **no** time like the present time to start learning. Learn the basic terminology, get organized, stay on schedule, and seek the necessary help way and well before April 15 every year.
22. Planning for your financial future. Are you adding money to your 401(k)? What about investing? You should be! Start saving in your 20s and you'll be way better off a few years on further down the line.
23. Sticking to whatever type of exercise works for you. By now you've hopefully suspended, cycled, and plié'd your way through enough classes that you hopefully know whether you're a classic "going for a run" kind of person or are down to try something new every other weekend.
24. Exercising basic culinary techniques. From grilling a delicious steak to making the perfect go - to vinaigrette, mastering the essentials will give you the tools you'll need to **kill** it in the kitchen for years to come.
25. Impressing with a few signature dishes. You should have a handful of signature dishes that work well for group gatherings, intimate dinners, and solo feasts and are reliably delicious. These dishes **don't** have to be anything fancy — they're meant to be effortless and versatile!
26. Being ready for last-minute drop - in guests. Guest bedroom or **not**, having the necessary fixings for last-minute guests and being able to set them up for a comfortable stay kind of feels like cushy adulthood to us.

What else would you add to this list? Sound off in the comments back to us!

<https://www.mydomaine.com/adult-life-skills>

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### Here Are the 33 Life Skills Your Kid Needs to Know to “Adult”

People think of learning as something that happens primarily in the classroom but our children learn how to be an “adult” by watching us, by being with us while we do our errands and by taking **note** of how we behave in any given situation. When they go off to live their lives, we wonder how they will figure everything out. The following are thirty-three basic life skills that hundreds of parents agree young adults should have mastered by the time they leave us to lead their own lives.

#### 33 Life Skills College Students Need to Master

- 1) They should know how to craft a handwritten **note**, place it in an envelope, address said envelope, stamp it and mail it. And, while we are on the topic of mail, they should be able to pick up a package from the post office. Tip: If you are mailing something oversized or heavy, it may need extra postage (**let the nice mailperson at the post office weigh it**).
- 2) They should know how to find their polling place and vote or if they are out – of – state they should be registered to vote by absentee ballot. This will require their mailing, addressing and stamping skills.
- 3) They should know how to use a phone for making phone calls, like calling to make a reservation at a restaurant. Texting is great but **not** always available and knowing how to communicate over the phone is an important life skill. Tip: If you text someone that you are standing at their door and they **don’t** respond, “HEY” try ringing the doorbell.
- 4) They should know how to get cash because sometimes you need it. We all use less cash than we used to but having a bit of cash on you is always helpful. Tip: You can get cash back from the grocery store if you use a debit card.



- 5) Some food items are sold by the pound, fish, deli meat and cheese to name a few. A young adult should have a rough idea what a pound of sliced deli meat looks like.
- 6) They should know where in the car the car manual is kept and that if there is an issue they should refer to the manual for guidance. They should be able to fill their tires with air, pump gas and know what to do in the event of a flat tire. Tip: Manual is usually in the glove box which is in front of the passenger seat.
- 7) They should be able to read a map and follow directions without using GPS.
- 8) They should know that if their stomach is upset or if they are recovering from a stomach flu, it is best to eat a bland diet for a few days which may mean **no** Doritos. They should be familiar with the BRAT diet (**bananas, rice, apple, toast**). Tip: **hot** water with lemon is very soothing.
- 9) They should be able to write and deposit a check which would require them to also know where to endorse a check.
- 10) They should know the basics of how to do laundry (**darks - cold, whites - hot**), and where the detergent goes. Tip: cotton shrinks in the dryer and colors **bleed** in **hot** water.
- 11) They should know the basics of the dishwasher; liquid dish detergent is **not** for the dishwasher and certain items **can't** go in the dishwasher. Tip: most items say somewhere on them if they are dishwasher safe.
- 12) They should know how to sweep with a broom.
- 13) They should know how to pack a suitcase and how to check the weather for their destination so they know what kind of clothes they need.
- 14) They should know their social security number by heart. They will need it - of-ten.
- 15) They should know that Tupperware is **NOT** disposable, it is reusable.

- 16) They should have a copy of their [insurance card and carry it with them at all times](#). You should have a conversation with them about your deductible.
- 17) They should know that if they park in a tow zone, there is a possibility that their car will be towed. **Tip:** leaving a **note** on the windshield asking the police **not** to tow your car - will **not** work.
- 18) They should know the basics of over-the-counter medications. Advil, Tylenol and Motrin are analgesics ([they will treat mild to moderate pain and reduce fever](#)). None of them should be mixed with alcohol.
- Follow the dosage directions on the bottle and take the smallest dose that helps you. **Tip:** If you have any **questions** the pharmacist is a great resource and almost always happy to help.
- 19) They should know how to fill a prescription. **Tip:** Once again the pharmacist is a good resource.
- 20) They should know how to tie a suit tie. **Tip:** YouTube is a great teacher.
- 21) If you [live in an apartment off campus](#), you may have to pay for your own utilities ([electric, heat, air conditioning](#)). **Tip:** Utilities can be expensive so pick a reasonable temperature for winter and summer and **don't** leave all the lights on.
- 22) They should know the very basics of cooking like how to bake a potato, boil water and how to open a can of soup and heat it up in a pot on the stove. **Tip:** you must remove the soup from the can and put it into the pot to heat.
- 23) They should know the basic shelf life of foods. A meal you cooked and refrigerated three weeks ago should be tossed. **Tip:** If in **doubt**, throw it out.
- 24) They should know how to change light bulbs and batteries.
- 25) They should understand that they may have to [apply to many internships/jobs](#) to get one. **Tip:** Get your resume done early.
- 26) They should know what does [NOT go in a microwave](#) ([especially foil and metal](#)).

- 27) They should know **not** to sit in an un - ventilated, closed garage with the car running. This life skill is literally life or **death**. **Tip:** it could **kill** you.
- 28) They should know that when you put something **hot** or wet on most surfaces, you should use a trivet.
- 29) They should know when you tip and what percentage is the standard for what service.
- 30) They should be able to book their own flights, check their baggage and check-in to their flight.
- 31) They should know that “U” is **not** an acceptable form of “you” in work you hand in for your classes. **Tip:** Words in your academic work need to be spelled out.
- 32) They should have some idea how to do their taxes or at least know what paperwork they need to collect for someone else to do their taxes. **Tip:** There are a lot of online programs that make figuring out simple taxes easy.
- 33) They should know that the bathroom sink is **not** the place to toss food. It gets clogged easily. **Tip:** It’s always helpful to have a plumber’s number handy.

What life skills have we left out? Post them for all of us, thanks.

<https://grownandflown.com/33-life-skills-college-kids-adult/>

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### **ADULT LIFE SKILLS CLASSES – BRIDGE MINISTRY**

The second part of our vision involves reaching beyond housing and assisting with education in many other areas. A lack of basic life skills, education, and experience using those skills can contribute to low **self - esteem** and a lack of desire to continue in a **positive** direction. It is a vicious cycle and it is one that the Bridge ministry would like to help break.

While some women are in need of low - income housing to help them save money, that is only one area that must be tackled in Bridging between the world and Christ. Our ministry offers opportunities for women to learn skills that they may have never learned. The classes available include:

- **Housing**

- **Managing Money**
- **Healthy Relationships**
- **Raising Children**
- **Domestic Skills**
- **The Value of Work**
- **Bible Study**

<https://www.thebridgewesttn.org/adult-life-skills-classes/>

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**24 life skills** every functioning adult should master before turning 30

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Life skills **aren't** as obvious as they may seem.

To clarify things, we put together a list of some important competencies to have under your belt by the time you turn 30.

Those include public speaking, giving a good handshake, and cooking basic meals.

There's **no** handbook for adult life.

Somehow, you're just supposed to know that you should have more money coming in than going out and you **shouldn't** wear a fuzzy orange sweater to a job interview.

We've put together our own handbook of sorts for anyone transitioning from their 20s to their 30s, which lists many of the skills you'll need to survive as an adult in the modern world.

It's based on the Quora thread, "What are some of the most useful skills to know?" as well as scientific research and expert opinion.

We **can't** promise we've outlined every skill, but if you've mastered these, you're off to a darn good start:

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**1. Accepting feedback gracefully**

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**"For most of us it is hard to hear how we made a mistake or could have done something better," writes Quora user Pedram Keyani.**

"An amazing skill (**which you can learn through practice**) is to set aside your emotional response in the moment and focus on the information presented to you. Some of it will be valid and some of it invalid but let your brain decide that, **not** your ego."

Depending on what kind of feedback you're receiving, there are different strategies for responding with a cool head. For **example**, if your boss points out what she thinks is an error and you're **not** sure she's correct, you can say, "I **hadn't** thought of that, and I'm going to look into it right away."

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## 2. Apologizing sincerely

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To **err** is human — but to craft a believable apology **isn't** a universal skill.

The apology "needs to be sincere, **not** qualified, **not** quantified, and also needs [to] outline how X will **not** happen again," [Keyani says](#).

According to one CEO, there's a six-step strategy for successfully saying you're sorry:

1. Act quickly.
2. Apologize in person.

3. Explain what happened.
4. Show how you are going to avoid the problem in the future.
5. Apologize.
6. Make restitution.

Keyani gives an example of what you might say if you were tardy for an appointment:

"I'm sorry I was late for the meeting. It must have been frustrating because you spent a lot of time preparing and got up early. I did a poor job accounting for traffic and **didn't** give myself enough buffer. That is my **bad** and I'm going to give myself an extra 10 minutes instead of five moving time forward."

### 3. Managing your time wisely

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There will probably never be a time in your life when you **aren't** juggling multiple personal and professional priorities. [Time-management skills](#) are a must, unless you want to feel constantly frazzled.

Perhaps the most important time-management lesson is that you should stick with one task at a time. [Research suggests](#) that multitasking is generally counterproductive, because the brain expends energy as it readjusts its focus from one activity to another.

You'd be wise, too, to [limit the hours you spend working](#). Decades ago, Henry Ford discovered that productivity started to decline after employees logged more than 40 hours per week. Other research suggests that, after three weeks, at 60-hour workweeks become less productive.

#### 4. Using keyboard shortcuts

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"Since most of the work we do nowadays involves computers," [says Arpit Jain](#), "using keyboard shortcuts definitely gives you an edge and saves you a lot of time."

Jain posted a list of some of the handiest shortcuts in her [Quora answer](#). For **example**, simultaneously pressing the "Alt" and "F4" keys when using Microsoft windows lets you

close a selected item or program. Keep the list somewhere close to your computer at work to supercharge your productivity.

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5. Saying 'no' respectfully

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Many of us fear the word "no" because we **don't** want to let other people down. But when you're already swamped and your coworker asks you to take an hour to help him with his project report, "yes, of course" might **not** be the best answer.

"It might sound a cliché, but saying **NO** when needed can save you lot of time, confusion, guilt, attachment, commitments, stress and other social evils," [writes Yogi Raj](#).

There's another [Quora thread](#) dedicated to learning how to say "no," where [Eva Glasrud writes](#), "we routinely overestimate the cost of saying 'no.'"

According to Glasrud, the best way to muster up the confidence to turn down a request is to recognize that "there are some things you can never have back. Your time, your health, your virtue, your life. **Don't** mess around with those things. It's fine for people to ask — most likely, in their mind, they're trying to help introduce you to a great person or opportunity or meaningful cause. And it's just as fine for you to say 'no.'"

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## 6. Empathizing with others

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A number of Quora users mentioned the importance of learning to empathize with other people — to listen to them and try to see things from their perspective.

[Psychologists say](#) empathy is a fundamental part of human interaction. In fact, people who lack the ability to empathize and take an interest in other people are often narcissists.

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## 7. Communicating through **body language**

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"Sometimes your **body language** tells people everything they need to know before you ever open your mouth," [writes Dean Bokhari](#).

Experts have highlighted specific **body language techniques** that can make you more likable. For example, **don't** break eye contact with your conversation partner, even after they've finished speaking. And make sure **not** to fidget or touch your face too much, which can give the impression that you're **lying** or anxious.

You can also [read other people's body language](#) to help figure out what they're thinking and feeling. For example, if they mirror your **body language**, the conversation is probably going well. If they smile but there are **no** crinkles around their eyes, they might be faking it.

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## 8. Making friends in any environment

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[Maveesha Tahsin says](#) she thinks of forming relationships as a skill, as opposed to leaving things to chance.

That skill is especially important to develop during young adulthood, once you're off the college campus, where it's generally easy to forge close friends.

One way to [make friends as a grown-up](#) is to trade confidences. [Research](#) suggests that "self - disclosure" predicts liking, closeness, and relationship building. Another, surprisingly simple, tactic is to simply spend more time with the people you'd like to befriend. According to the "[mere exposure effect](#)," we tend to like things and people we're familiar with.

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## 9. Mending your clothes

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Button popped off your shirt at work? There's **no** need to panic if you're handy with a needle — which you should be.

"Learn how to stitch that button to your shirt collar or sew back the tear on your sleeve from the edge of the table," [writes Zehra Alvi](#). "You will save a lot of money by just knowing how to handle that two-centimeter sword."

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## 10. Speaking a second language

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Learning a second language "opens up the mind to an entirely new way of thinking," [says Noe Villeda](#). You'll notice and appreciate parts of the world you never before experienced.

It's also possible that learning a new language can make you smarter — though the jury is still out on this issue. Some [studies have found](#) that being bilingual can improve cognitive skills, but [more recent research](#) disputes these findings.

One of the best ways to learn a new language is through immersion. Get started with this [free online tool](#) that replicates the immersion experience.

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## 11. Sticking to a budget

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"It's amazing how many people **can't** do the simplest of things — like balance a check-book, fill out a tax form, make sure that there's more coming in than going out, [\[set\]](#) aside reserves for contingencies," [writes Miles Fidelman](#).

Let's start with "making sure that there's more coming in than going out," which is essentially about adhering to a budget. We recently rounded up the [best budgeting tips](#) from readers who have shared their budgets with Business Insider.

For **example**, you'll want to anticipate any major costs in the near future - like if you're planning to have a kid or go back to school. It's also wise to set aside an [emergency fund](#) with several months' worth of expenses in case the unexpected occurs.

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## 12. Using basic Photoshop

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There's **no** need to call in a professional to touch up the headshot you're posting to your personal website — you can do that yourself, using a few basic Photoshop tools.

"In the professional world few things have helped me more than knowing Photoshop," says [Brad Sanzenbacher](#).

## 13. Spending time alone

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As an adult, you should be able to spend a full day alone without going crazy for want of social interaction.

[Take a tip from Sanzenbacher](#), whose partner travels often for grad school:

"I approach being alone with a very specific list of things that only I want to do. I go to weird museums, see movies that only I want to see, take mini-road trips, or see bands that only I like."

If you're planning to [live alone](#), which many Americans do today, you should accept that you will occasionally feel lonely. It's nothing to be ashamed of or upset by, but it might be a signal that you should incorporate some more socializing into your daily schedule.

#### 14. Public speaking

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You may **not** ever be required to perform in a Super bowl halftime show, but you'll almost certainly be tasked with making presentations at work. For that reason, it's important to hone your public speaking skills.

"The ability to speak confidently to a large mass of people is a skill to be learnt," writes Ramachandra Bhakta in a since - deleted answer. "It makes a lasting impression and brings you to the notice of several people at once."

If the mere prospect of walking your coworkers through a Powerpoint gives you nightmares, there are [strategies to quell your fear](#). One research-backed tactic is to reframe your anxiety as excitement, which can make you seem more competent and persuasive.

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## 15. Negotiating

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Several Quora users cited negotiation skills as important for any professional.

If you're negotiating your salary (**which you should do**), the best strategy both for getting what you want and still coming off as friendly is to **ask for a range including and above your target number**. For example, if you're aiming for a \$100,000 salary, you'd suggest a \$110,000 to \$120,000 salary.

Another trick is to frame your proposal in terms of **what you're giving the other person** as opposed to what they're losing. So instead of saying, "I want \$10,000 for my car," you'd say, "I'll give you my car for \$10,000."

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## 16. Cooking basic meals

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You **don't** need to be Julia Child to sustain yourself, or to impress fellow guests at a potluck.

"Know how to cook at least five dishes," [writes Erin Nakano O'Quinn](#). "These are likely to be dependent upon the culture you live in, but be able to cook at least one vegetarian dish, a breakfast dish, a dish that you can serve to a group of people, a dessert, and a starch. Try to be able to do these without a cookbook, and you can look like a rock star wherever you go."

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## 17. Making small talk

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**Conversation skills always come in handy, whether you're chatting up cuties at your local bar or networking at a professional conference.**

**One of the most important rules of [making small talk](#) is to demonstrate interest in your conversation partner and let him share information about himself. Another tactic is to flatter your partner, so that she feels better about herself after having spoken to you.**

## 18. Backing up your electronics

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Having your phone **die** or your computer stolen is nerve - wracking enough. Saying goodbye to all your important information with those gadgets is even **worse**.

Be responsible and back up your data. We've rounded up [all the tools you'll need](#).

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### 19. Asking for help

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**There's nothing shameful about asking for a little advice or assistance, especially at work.**

**In fact, [research suggests](#) that soliciting advice can make you look more competent. That's likely because people feel flattered that you turned to them in the first place.**

**If you're looking for general career advice, entrepreneur and author [Tim Ferriss told Inc.](#), it's best to ask someone who became successful quickly and against the odds, instead of someone with a more conventional story.**

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## **20. Picking up a date**

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Approaching an attractive stranger and starting a conversation is a terrifying prospect for pretty much every normal person.

But there are ways to reduce both your anxiety and the chance that you'll come across as a bumbling fool.

One study found that men tend to prefer direct approaches, like "You're cute — can I buy you a drink?" Women, on the other hand, generally prefer more open - ended **questions**, like "What do you think of this band?"

Very few people in the study said they preferred standard pick - up lines — so it's best to avoid those, **no** matter how clever you think you are.

We're **not** supposed to judge books by their covers, but it's **no** secret that hiring managers judge job candidates by their appearance.

So avoid wearing too much makeup and definitely **don't** show up wearing a hat. Instead, you'll want to dress relatively conservatively. Even your shoes should be clean and tidy.

The color of your clothes matters, too: According to a CareerBuilder survey, blue and black are the best colors to wear to a job interview, while orange is the **worst**.

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## 21. Waking up on time

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In college, rolling out of bed five minutes before class starts and showing up late because you **stopped** to get a latte is (**sort of**) understandable.

In the professional world? **Not** so much. Pull it together and figure out a personal strategy for getting up and out the door on time.

It really starts with your nighttime routine — so try doing something relaxing like taking a **hot** shower or meditating before bed.

In the morning, experts generally advise against hitting "snooze" and going back to sleep. Instead, hit the snooze button once and use the time until your alarm goes off again to turn on a lamp and do some light stretching.

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## 22. Giving a good handshake

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One poll found that 70% of people **don't** feel confident in their ability to give a proper handshake.

But when you meet your company's CEO for the first time, you **don't** want to present her with a limp noodle — especially since a weak handshake suggests that you're insecure.

The best shaking strategy is to get a good grip, with your elbow nearing a right angle. Be sure to smile and make eye contact as well.

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### 23. Power napping

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You've heard it a thousand times: Most people need [seven to eight hours](#) of sleep a night.

But pressing work deadlines, family obligations, and the siren call of your Facebook newsfeed mean that you probably **don't** get as much sleep as you need.

Enter the [power nap](#). It's just 10 minutes long and you sit slightly upright, so that you **don't** wake up groggy from a deep sleep. This brief rest period can leave you feeling refreshed and alert.

<https://www.businessinsider.com/life-skills-every-adult-should-master-2015-10#24-power-napping-24>

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### 3 Basic Life Skills for Adults You **Didn't** Learn in School (**But Should Have**).

Reading, writing, arithmetic, sure...but adulting? Most of us **didn't** learn basic life skills for adults in school — even in college.

In high school, trade school, college and beyond, we're so focused on training for our careers we never really learn the basics of home management, like budgeting, cleaning routines, planning meals, or simply how to be a grownup. Yet, we spend way more of our lives **OUTSIDE** of work than we do on the job.

How many of us hit adulthood with **no** clue? Is this you...?

- You got a credit card offer in the mail at eighteen and started creating a wardrobe that would make Gossip Girls proud. Except you're **not** 18 anymore, and you never actually **stopped**.
- You take out student loans, because that's what you think you're supposed to do, but **didn't** completely understand that those loans meant you'd be poor for like forever. (**Especially when added to those credit cards!**)



- You **don't** have the time to cook (**and if we're being honest, raw chicken scares the crap out of you**) so you end up in fast food more nights than you would ever admit to your friends.
- Your schedule seems packed with appointments and obligations, but you're forgetful, chronically late, disorganized, and always forgetting important events.
- Your house? Well, it's a total disaster. Dishes, laundry, junk.... Sometimes it seems like it's easier to buy new clothes (**or even dishes**) than wash it all. Except for that point where you **don't** have any money and lots of debt.

Then there's navigating everything else – husbands that **don't** understand why you **can't** get the laundry done (**insert eye roll here**), adorable kids that suck up almost every second of your time (**and your money**), and your social life (**or lack thereof**).

Seriously — why **didn't** we spend 12 years learning this stuff?!?

All of those bullet points above? I KNOW them. Why? Because I've been there. I was chronically disorganized. I had a messy house and plenty of debt. I fought with my husband EVERY DAY over the state of the house and how much money we spent. (**I married a spender, and I wasn't much better**). I loved the Chick-Fil-A drive-thru, and any attempts I made to start a new program, routine or get organized failed within a few days.

But, I knew my **hot** - mess life **wasn't** working. It was stressful, especially after I had my first baby. I was overwhelmed and frustrated. It was **killing** my marriage and I spent most days looking at everyone else who seemed to have it all together and thinking “Why am I broken? What's **wrong** with me?”

I wanted to stay at home with our, soon to be first child, but our budget was out of control, our house was a mess, and Jon and I fought constantly.

I was determined though.

I started where we all do — with Google. Then I hopped on Pinterest. I looked for any (**and all**) of the life skills courses out there I could find.

But here's the problem, there are a lot of life skills courses out there focusing on ONE area, like budgeting, marriage, or parenting. But there **aren't** any courses that teach you everything in one home management system.

And **worse**, they **don't** explain to you the order in which you tackle those skills.

There's two different types of skills, simple (**like laundry**), and complex (**like meal planning**). Almost all of the courses taught you how to tackle one complex skill, but they **didn't** teach or explain the simple skills you need to master in order to have success at the complex skills.

Which is why I was constantly failing every single time I tried to change.

It's like sending a kindergartner who eats glue into calculus and being disappointed when he **can't** pass.

I spent the next two years of my life learning about basic life skills and my personality and how to get the organizational results that I wanted, despite my chronic disorganization.

I a/b tested everything and found what works. We reduced our spending by over 23,000 our first year, I got to quit my job and stay home with our first born child by his first birthday, and then I made up my old salary at home by running a home daycare, which let us pay off our over \$30,000 of debt.

Then in the free time that I had from getting our home (**and let's be honest, my life**) in order, I started a blog to help other women who felt like I did.

That little blog turned into a big blog that has helped over 15 million readers and has been featured in Forbes, Entrepreneur, Motley Fool, Fox Business, and Country Living.

I took everything I'd learned about how to finally get your life organized and poured it into one comprehensive course (**that's not available now, [your best bet is to join the waiting list here](#)**) called **[Hot Mess to Home Success](#)**. It walks through the basic life skills you need to know.

We start small with simple skills (**like laundry, dishes, keeping a schedule, and automating as many home tasks as possible**), leaving nothing to chance. Then we build on those simple skills to learn the complex skills (**like budgeting, realistic meal planning, and short cut cleaning**).

We walk you through a plan that works for your life and personality (**not the life of some imaginary superwoman on Pinterest**) to get from where you are to where you want to be.

Even if you're chronically disorganized and have tried and failed before.

**Hot Mess to Home Success** works because it teaches you how to work with your unique personality to get you what you really want, while it shows you how to automate and create short cuts with everything else. I know it works because it worked for me, and then I taught others. I've helped hundreds of others get their life under control and take their home back from chronic disorganization.

The **bad** news, of course, is that because it takes a her clean effort to be able to serve so many students and get them the results they need, that we open the doors to **Hot Mess to Home Success** only once per year.

Join the **waiting list for Hot Mess to Home Success here.**

In the meantime, let's get you started with small changes you can make now to start seeing results.

Here are three basic life skills for adults that you never learned in school.

### 1. Basic Finances: Start By Reducing Your Grocery Spending

As the Busy Budgeter, I guess you could say budgets are kind of my jam. That said, **I wasn't** always great at maintaining a budget. Starting a budget, sure! Sticking with a budget? Eh. **Not** so much.

See, I'm impulsive. That's just my personality. If I want something, it's really hard to tell myself **no**. More often than **not**, I just buy it, budget be damned. I tried for YEARS to use willpower to get my spending under control and it never worked. (**shocker right?**)

You can learn how to **set up a realistic budget here** (created specifically for people like me who suck at budgeting), but if you need to go even simpler than that...

**Don't** worry about your budget. Keep doing what you're already doing and **ONLY** tackle the grocery budget. Print out your bank activity for the last full month (**Like October 1st – October 31st**) and add up every single charge that was used to feed you.

Write down somewhere prominent (**where you'll know where to find it next month**) how much you spent on groceries last month.

Now, your only goal this month is to spend less on groceries. That's it. If you're able to do it... send me an email at [Rosemarie@busybudgeter.com](mailto:Rosemarie@busybudgeter.com) with the subject line "ROCKED IT!" and tell me how much you spend last month and how much you spent this month and I'll send you a little present.

**Hint:** If you have **no** time to cook, you can reduce your spending by a lot if you stick with "**no recipe needed**" **15 minute meals**. This is a game changer! We have a ton of **[cheap and easy 15 minute meals you can find here](#)**.

Create a list of five or six 15 - minute meals you can make quickly and then you can add in a few for breakfasts and lunches.

That's your first very basic meal plan. (**Trust me it's a lot easier to stick to when your meal plan requires no recipes and dinner is only 15 minutes away!**)

If you want to get more in - depth, then you can sign up for my **[free 90 Day Budget Boot Camp](#)**.

## 2. Basic Home Management: Start with Dishes & Laundry

When you get overwhelmed staring at a messy house with every closet and space full of clutter and you're really just trying to keep the floors and tables free of stuff... ignore it all and just focus on your dishes and your laundry.

You see, when you're facing a pile of nasty, crusty dishes in the sink, there's **no** way to use your kitchen.

That sink full of dishes **bleeds** into other parts of your life... now making dinner **won't** take 15 minutes. The meal will only take 15 minutes but first I need to empty the dishwasher and shove clean dishes into the overstuffed cabinets and then I need to wash the dirty dishes, but they've been left so long that they're super gross and **won't** get clean unless I scrub them.

And then you think, "Or I can just **stop** by Chick-Fil-A on the way to soccer practice?" Problem solved! Except then your house stays messy, you stay overwhelmed, you eat 900 calories for dinner, you spend money that you could have bought something better with

(fall boots? planner? hobby lobby trip?) and you face the exact same dilemma tomorrow night.

So, for the next month, I want you to only focus on doing the dishes every day and leaving the sink clear when you go to bed.

If you're side-eyeing the sink right now and wondering how to tackle it, you should see the [easiest routine to wash dishes and never get behind again](#).

If you still struggle with getting the dishes done every night, and your budget allows, I want you to go buy a giant pack of recyclable paper plates, cups and silverware.

You'll still need to wash the dish you use to cook, but it's a lot less overwhelming. The point is that I need you to see what life is like without a giant pile of dishes in your sink.

The other area to tackle is the mountain of laundry. I know, it feels like the **worst** job in the world, but laundry is SO much more manageable if you keep up on it regularly. When you do a small [load of laundry on a regular basis, it takes almost no time at all \(seriously, I've timed it\)](#). All you're doing is washing the clothes you wore yesterday... that's it!

As I outline in my post, [the secret to never getting behind on laundry again](#) is to establish a routine and stick to it. Start by throwing in one load per day until you're caught up and used to a regular routine. By learning these two basic life skills for adults, you're on your way to becoming an official grownup... or at least **not** a home management disaster.

## 2. Basic Meal Planning: Go With Your Gut

How many times have you looked up meal plans, bought a whole bunch of fancy ingredients and then ended up ordering pizza while real food rotted in your fridge?

Maybe you even signed up for one of those meal – in – a – box deals where you get all the ingredients delivered to your door, but then gave up after your first meal took 45+ minutes ([and cost \\$30!?](#))

Wondering how I know? Because girl, I've been THERE. Oh my gosh, I've SO been there.

See, I'm **not** a gourmet by any means. I'm **not** really a foodie. I like the foods I like — regular stuff like tacos, pizza, and hamburgers. But I also want to be healthy and I want to encourage my kids to make healthy choices too.

Here's the deal, we have a lot of options available to us and we **don't** have to make monumental life changes in order to see results. If you love fast food, sub out the fries with prepacked baby carrots and ranch dip or whatever healthy side you like. Come home and make your own.

You can follow a healthy(**ish**) meal plan and **not** go all crazy about it. You can create meals ahead so even if you hate cooking, you only need to be at the stove once a week. You can plan meals around your pantry and eat foods you love — even boxed macaroni and cheese.

The whole secret is to plan meals you like. If you love going to Subway for lunch with your work buddies, for example, plan it into your weekly menu. Bring along an apple or a bag of carrots for your sides to save money and calories. Order a pizza but skip the wings, breadsticks, and lava cakes and add a salad and apples to enjoy alongside.

There are many different types of meal planning, but the key to success is to only plan the foods you and your family enjoy. If you guys love spaghetti night or taco night, keep it in regular rotation. Eat what you like and enjoy those meals regularly.

It's simple but the key to successful meal planning (**aside from fixing and eating only what you enjoy**) is to simply plan it out. If you know a certain day is crazy busy and you're going to succumb to fast food anyway, it's totally fine to just plan to eat fast food that day. Simply budget it in and plan ahead. If you want to cook all your meals on the weekend, plan them out so you're successful (**we used Freezeasy to do this for years!**). If you shop without a plan or wait until you're starving, you'll always make less-savvy choices.

For more on meal planning, look over [basic meal planning for beginners](#).

**Hint:** If you're on a bare bones budget and need to eat SUPER healthy (**or have allergies**) this system of making [74 healthy freezer meals in four hours](#) lets you make food for weeks that are allergy friendly and ridiculously healthy. (**But let's keep it real - not as delicious as Big Macs**).

### Do You Want More Basic Life Skills for Adults?

Are you looking for a more in - depth guide to basic life skills for adults? Do you want the whole system full of detailed tips and a step-by-step guide to improving your life and your life skills?

If you're ready to get your life under control, join me for [Hot Mess to Home Success](#), an easy home management plan for the chronically disorganized.

In the meantime, if you're ready to get a jumpstart on more basic life skills for adults, check out the [FREE 3-Day Home Rescue Challenge](#). In just three days you'll start to learn all the basic life skills you need but were never taught in school. These are skills every adult should know (but most don't).

If you're ready for a rescue, take the challenge today!

[Help! I'm ready for the FREE 3-Day Home Rescue Challenge!](#)

<https://www.busybudgeter.com/basic-life-skills-for-adults/>

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### 5 Important Types of Life Skills All Adults Need

What are life skills? People have different views about which life skills are most essential for success. However, what they do agree on is that we all need these skills for life in one form or another to address the issues that occur daily at work, school and home.

These skills have become particularly important in a world that’s experiencing. They can help build self - confidence and encourage wise decisions. Consider this list of life skills for adults below and why they’re important.

- **Resilience:** All of us fall occasionally. Resilience involves how well we accept obstacles, learn from our mistakes, and recover. Our mistakes often provide the best life lessons – so long as we **don’t** allow them to defeat us.
- **Communication:** Resolving conflict with other people is essential at home and at work. Communication takes place increasingly by text, email and social media channels. It’s important to master these types of written skills. But spoken communication is equally important. That means **remembering** to look people in the eye and being respectful of other opinions even while clearly expressing your own.
- **Mindfulness:** We’re often so focused on our mental and written to - do lists that we focus too much on the next task instead of addressing the present. That causes us to spend too much time fretting about what we still need to do. Mindfulness means connecting with your surroundings and the people around you in a more meaningful way.

Science shows mindfulness can help you focus more efficiently on the tasks at hand and also has benefits for physical and mental health.



- **Collaboration:** In grade school, we learned how to play well with others. As adults, we still need to utilize these collaboration skills in our careers. At work, being able to share opinions and team up with others on projects will increase your effectiveness and productivity. In your personal life, it'll lead to more **positive** relationships.
- **Inquisitiveness:** Children ask a lot of **questions**, and that enables them to learn. But some adults **stop** asking **questions** occasionally because it takes time, or they **fear** that someone else will consider them less smart. But inquiry is a sign of intelligence. It shows others that you're thinking about issues and events and that you're open to new ideas. Asking **questions** helps you develop your mind and discover new skills and interests.

### The value of life skills

Strong life skills can help you manage every day and more stressful situations skillfully, leading to career advancement. Improved mindfulness can improve your time management, while effective communication and collaboration skills can help you rally a team around a project.

Inquisitiveness may help you see a problem differently and find solutions that save you or your company time and money – even old problems can require new thinking to solve.

Many companies see these types of life skills as increasingly important for leadership positions in their organizations.

### Basic life skills resources available

As you consider what skills you'd like to develop or improve in your life, you'll find many resources available. These can include books, audio courses and online programs. You can approach each of these skills individually or commit to improving all of the areas by working on each one a little bit each day.

One of the most effective ways of figuring out the skills you'd like to gain or change is to ask the people you regularly spend time around. Coworkers, friends or even a **mentor** at work, for example, can give you objective assessments of the skills you're working on. There are a few helpful ways to approach this. Schedule a specific time to talk with a coworker instead of asking in passing or just **stopping** them in the hallway; this is more convenient for them, and it also sets aside time for both of you to get more deeply involved in the conversation. Come prepared with specific **questions**, too. "What steps do you think I can take to improve my public speaking skills?" will get you a more specific answer than "Do I have good office skills?"

Whichever path you take, improving life skills will create a greater sense of fulfillment in both your life and your career advancement. Take some time to think about which ones are most relevant for you.

If you're looking for more help, Nationwide offers a number of products and services that can make your home and work life easier to handle. Visit the Nationwide website or [contact an agent](#).

<https://blog.nationwide.com/career-and-life-skills/>

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**The Life Skills YOU need Before – Next in your life.**

### **Life Skills 101**

The transition from college to the real world can be rocky. You're on your own, with a new job (**if you're lucky**) and a pile of responsibility. But you also have more freedom than ever, to take control of your finances, to make a fresh start with healthy habits, to make new friends and express yourself through your clothes and your home. We want to help. Here's some practical advice you **didn't** learn in school.

#### **Relationships**

Love, marriage, kids — life **doesn't** follow a set timeline. So **don't** expect it to. | [Read more](#)

How to make and keep friends as an adult | [Read more](#)

#### **Work**

Hitting the schmooze button: A guide to non-phony networking | [Read more](#)

Want to pay off debt and build your finances faster? Look to the side hustle. | [Read more](#)

#### **Money**

What 20-somethings should know about saving for retirement | [Read more](#)

Five apps for saving and investing | [Read more](#)

#### **Fashion**

Skip the 'fast fashion,' and other first-job wardrobe advice from an expert | [Read more](#)

## Health

New diploma? New job? Here are four healthy habits to start right now. | [Read more](#)

Long-term birth control is the most reliable. So why do so few young women use it? | [Read more](#)

What to know about your health insurance options | [Read more](#)

## Food

Three simple recipes that will make a newbie look like a pro | [Read more](#)

The tools and ingredients every adult should have in the kitchen | [Read more](#)

## Home

Finding that first apartment can be scary. But it **doesn't** have to be. | [Read more](#)

Five things every adult should know how to do around the house | [Read more](#)

10 items that will make a first apartment feel like home | [Read More](#)

## Reader Advice

What is one thing you wish you knew before graduating from college?

Washington Post readers answered. | [Read more](#)

<https://www.washingtonpost.com/graphics/lifestyle/how-to-be-an-adult/?noredirect=on>

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**31 LIFE SKILLS EVERY FUNCTIONING ADULT SHOULD MASTER**

Somehow you're just supposed to know that you should have more money coming in than going out and you **shouldn't** wear a fuzzy orange sweater to a job interview

**Life is funny.**

**No** one gets a handbook upon turning - 18, complete with all the rules they'll need to memorize and competencies they'll need to acquire.

Somehow, you're just supposed to know that you should have more money coming in than going out and you **shouldn't** wear a fuzzy orange sweater to a job interview.

Fortunately, we've put together our own handbook of sorts, which lists many of the skills you'll need to survive as an adult in the modern world.

It's based on the Quora thread "What are some of the most useful skills to know?" as well as scientific research and expert opinion.

We **can't** promise we've outlined every skill you might need, but if you've mastered these, you're off to a good start:

### 1. Accepting feedback gracefully

"For most of us it is hard to hear how we made a mistake or could have done something better," writes Quora user Pedram Keyani."

An amazing skill (**which you can learn through practice**) is to set aside your emotional response in the moment and focus on the information presented to you. Some of it will be valid and some of it invalid but let your brain decide that, **not** your ego."

Depending on what kind of feedback you're receiving, there are different strategies for responding with a cool head. For example, if your boss points out what she thinks is an **error** and you're **not** sure she's correct, you can say, "I **hadn't** thought of that, and I'm going to look into it right away."

### 2. Apologizing sincerely

To **err** is human, but to craft a believable apology **isn't** a universal skill.

The apology "needs to be sincere, **not** qualified, **not** quantified, and also needs to outline how X will **not** happen again," Keyani says.

According to one CEO, there's a six - step strategy for successfully saying you're sorry:

1. Act quickly.
2. Apologize in person.
3. Explain what happened.
4. Show how you are going to avoid the problem in the future.
5. Apologize.
6. Make restitution.

Keyani gives an **example** of what you might say if you were tardy for an appointment:

I'm sorry I was late for the meeting. It must have been frustrating because you spent a lot of time preparing and got up early. I did a poor job accounting for traffic and **didn't** give myself enough buffer. That is my **bad** and I'm going to give myself an extra 10 minutes instead of five moving forward.

### 3. Managing your time wisely

There will probably never be a time in your life when you **aren't** juggling multiple personal and professional priorities. Time-management skills are a must, unless you want to feel constantly frazzled.

Perhaps the most important time - management lesson is that you should stick with one task at a time. Research suggests that multitasking is generally counterproductive because the brain expends energy as it readjusts its focus from one activity to another.

You'd be wise, too, to limit the hours you spend working.

Decades ago, Henry Ford discovered that productivity started to decline after employees logged more than 40 hours per week. Other research suggests that, after three weeks, 60 - hour workweeks become less productive.

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### 4. Using keyboard shortcuts

"Since most of the work we do nowadays involves computers," says Arpit Jain, "using keyboard shortcuts definitely gives you an edge and saves you a lot of time."

Jain posted a list of some of the handiest shortcuts in her Quora answer. For example, simultaneously pressing the "Alt" and "F4" keys when using Microsoft Windows lets you close a selected item or program. Keep the list somewhere close to your computer at work to supercharge your productivity.

### 5. Saying 'no' respectfully

Many of us **fear** the word "no" because we **don't** want to let other people down. But when you're already swamped and your coworker asks you to take an hour to help him with his project report, "Yes, of course" might **not** be the best answer.

"It might sound a cliché but saying **NO** when needed can save you lot of time, confusion, guilt, attachment, commitments, stress and other social **evils**," writes Yogi Raj.

There's another Quora thread dedicated to learning how to say "no," where Eva Glasrud writes, "we routinely overestimate the cost of saying 'no.'"

According to Glasrud, the best way to muster up the confidence to turn down a request is to recognize that there "are some things you can never have back. Your time, your health, your virtue, your life. **Don't** mess around with those things. It's fine for people to ask — most likely, in their mind, they're trying to help introduce you to a great person or opportunity or meaningful cause. And it's just as fine for you to say '**no.**'"

## 6. Empathizing with others

A number of Quora users mentioned the importance of learning to empathize with other people — to listen to them and try to see things from their perspective.

Psychologists say that empathy is a fundamental part of human interaction. In fact, people who lack the ability to empathize and take an interest in other people are often narcissists.

## 7. Communicating through **body language**

"Sometimes your **body language** tells people everything they need to know before you ever open your mouth," writes Dean Bokhari.

Experts have highlighted specific **body - language** techniques that can make you more likable. For **example, don't** break eye contact with your conversation partner, even after they've finished speaking. And make sure **not** to fidget or touch your face too much, which can give the impression that you're **lying** or **anxious**.

You can also read other people's **body language** to help figure out what they're thinking and feeling. For example, if they mirror your **body language**, the conversation is probably going well. If they smile but there are **no** crinkles around their eyes, they might be faking it.

## 8. Making friends in any environment

Mayeesha Tahsin says that she thinks of forming relationships as a skill, as opposed to leaving things to chance.

That skill is especially important to develop during young adulthood, once you're off the college campus, where it's generally easy to forge close friends.

One way to make friends as a grown-up is to trade confidences. Research suggests that "self - disclosure" predicts liking, closeness, and relationship - building. Another, surprisingly simple, tactic is to simply spend more time with the people you'd like to befriend. According to the "mere exposure effect," we tend to like things and people we're familiar with.



## 9. Mending your clothes

A button popped off your shirt at work? There's **no** need to panic if you're handy with a needle — which you should be.

"Learn how to stitch that button to your shirt collar or sew back the tear on your sleeve from the edge of the table," writes Zehra Alvi. "You will save a lot of money by just knowing how to handle that two - centimeter sword."

## 10. Speaking a second language

Learning a second language "opens up the mind to an entirely new way of thinking," says Noe Villela. You'll notice and appreciate parts of the world you never before experienced.

It's also possible that learning a new language can make you smarter — though the jury is still out on this issue. Some studies have found that being bilingual can improve cognitive skills, but more recent research disputes these findings.

One of the best ways to learn a new language is through immersion. Get started with this free online tool that replicates the immersion experience.

## 11. Sticking to a budget

"It's amazing how many people **can't** do the simplest of things — like balance a checkbook, fill out a tax form, make sure that there's more coming in than going out, [\[to set\]](#) aside reserves for contingencies," writes Miles Fidelman.

Let's start with "making sure that there's more coming in than going out," which is essentially about adhering to a budget. We rounded up the best budgeting tips from readers who have shared their budgets with Business Insider.

For **example**, you'll want to anticipate any major costs in the near future — like if you're planning to have a kid or go back to school. It's also wise to set aside an emergency fund with several months' worth of expenses in case the unexpected occurs.

## 12. Using basic Photoshop

There's **no** need to call in a professional to touch up the headshot you're posting to your personal website — you can do that yourself, using a few basic Photoshop tools.

"In the professional world few things have helped me more than knowing Photoshop," says Brad Sanzenbacher.

You can sign up for a free 30 - day trial [here](#) or download the free app for iOS that lets you retouch photos.

### 13. Spending time alone

As an adult, you should be able to spend a full day alone without going crazy for want of social interaction.

Take a tip from Quora user Brad Sanzenbacher, whose partner travels often for grad school:

I approach being alone with a very specific list of things that only I want to do. I go to weird museums, see movies that only I want to see, take mini-road trips, or see bands that only I like.

If you're planning to live alone, which many Americans do today, you should accept that you will occasionally feel lonely. It's nothing to be ashamed of or upset about, but it might be a signal that you should incorporate some more socializing into your daily schedule.

### 14. Public speaking

You may **not** ever be required to perform in a Super Bowl halftime show, but you'll almost certainly be tasked with making presentations at work. For that reason, it's important to hone your public - speaking skills.

"The ability to speak confidently to a large mass of people is a skill to be learnt," writes Ramachandra Bhakta. "It makes a lasting impression and brings you to the notice of several people at once."

If the mere prospect of walking your coworkers through a PowerPoint gives you nightmares, then there are strategies to quell your **fear**. One research - backed tactic is to re-frame your anxiety as excitement, which can make you seem more competent and persuasive.

You can also strike a "power pose" before the presentation — one example is to stand with your legs wide and your hands on your hips to make you feel more like a leader.

### 15. Negotiating

Several Quora users cited negotiation skills as important for any professional.

If you're negotiating your salary — which you should do — the best strategy for getting what you want and still coming off as friendly is to ask for a range including and above your target number. For **example**, if you're aiming for a \$100,000 salary, you'd suggest a \$110,000 to \$120,000 salary.

Another trick is to frame your proposal in terms of what you're giving the other person as opposed to what they're losing. So instead of saying, "I want \$10,000 for my car," you'd say, "I'll give you my car for \$10,000."

## 16. Cooking basic meals

You **don't** need to be Julia Child to sustain yourself or impress fellow guests at a potluck.

"Know how to cook at least five dishes," writes Erin Nakano O'Quinn. "These are likely to be dependent upon the culture you live in, but be able to cook at least one vegetarian dish, a breakfast dish, a dish that you can serve to a group of people, a dessert, and a starch. Try to be able to do these without a cookbook, and you can look like a rock star wherever you go."

## 17. Making small talk

Conversation skills always come in handy, whether you're chatting up cuties at your local bar or networking at a professional conference.

One of the most important rules of making small talk is to demonstrate interest in your conversation partner and let him share information about himself. Another tactic is to flatter your partner, so that she feels better about herself after having spoken to you.

## 18. Backing up your electronics

Having your phone **die** or your computer stolen is nerve - wracking enough. Saying goodbye to all your important information with those gadgets is even **worse**.

Be responsible and back up your data.

PC World has a comprehensive guide to backing up pretty much everything, including what exactly to back up and how often to do it. And we've rounded up all the tools you'll need.

## 19. Asking for help.

There's nothing shameful about asking for a little advice or assistance, especially at work.

In fact, research suggests that soliciting advice can make you look more competent. That's likely because people feel flattered that you turned to them in the first place.

If you're looking for general career advice, entrepreneur and author Tim Ferriss told Inc., it's best to ask someone who became successful quickly and against the odds, instead of someone with a more conventional story.

## 20. Picking up a date

Approaching an attractive stranger and starting a conversation is a terrifying prospect for pretty much every normal person.

But there are ways to reduce your anxiety and the chance that you'll come across as a bumbling fool.

One study found that men tend to prefer direct approaches, like "You're cute — can I buy you a drink?" Women, on the other hand, generally prefer more open-ended **questions**, like "What do you think of this band?"

## 21. Dressing appropriately for a job interview

We're **not** supposed to judge books by their covers, but it's **no** secret that hiring managers judge job candidates by their appearances.

So, avoid wearing too much makeup and definitely **don't** show up wearing a hat. Instead, you'll want to dress relatively conservatively. Even your shoes should be clean and tidy.

The color of your clothes matters, too: According to a CareerBuilder survey, blue and black are the best colors to wear to a job interview, while orange is the **worst**.

## 22. Waking up on time

In college, rolling out of bed five minutes before class starts and showing up late because you **stopped** to get a latte is — sort of — understandable.

In the professional world? **Not** so much. Pull it together and figure out a personal strategy for getting up and out the door on time.

It really starts with your nighttime routine, so try doing something relaxing like taking a **hot** shower or meditating before bed.

In the morning, experts generally advise against hitting "snooze" and going back to sleep. Instead, hit the snooze button once and use the time until your alarm goes off again to turn on a lamp and do some light stretching.

## 23. Giving a good handshake

One poll found that 70% of people **don't** feel confident in their ability to give a proper handshake.

But when you meet your company's CEO for the first time, you **don't** want to present her with a limp noodle — especially since a weak handshake suggests that you're insecure.

The best shaking strategy is to get a good grip, with your elbow nearing a right angle. Be sure to smile and make eye contact as well.

## 24. Power napping

You've heard it a thousand times: Most people need seven to eight - hours of sleep a night.

But pressing work deadlines, family obligations, and the siren call of your Facebook News Feed mean that you probably **don't** get as much sleep as you need.

Enter the power nap. It's just 10 - minutes long and you sit slightly upright, so that you **don't** wake up groggy from a deep sleep. This brief rest period can leave you feeling refreshed and alert.

Hopefully, you work at an office with nap rooms — if **not**, you can always head to your car or a vacant conference room.

## 25. Writing well

Whether you're sending an email to a friend or submitting a project report to your boss, the ability to convey your thoughts in writing is crucial.

"Learning to write well involves **not** just mastery of grammar," says Janis Butevics, "but the development of the ability to organize one's thoughts into a coherent form and target it to an audience in the most effective way possible."

If you're hoping to become a better writer, take a tip from Benjamin Franklin, who reportedly taught himself to write well by copying the style of essays published in the English gentleman's magazine *The Spectator*. Specifically, Franklin would read an essay, summarize it, and then try writing his own version to see if his was better than the original.

## 26. Driving

Douglas Dea admits that, if you live in a city, you can certainly avail yourself of the public transportation available.

"But when you get away from the city, being able to drive and drive well is important," he writes. "The world really opens up for you."

If you **haven't** yet gotten your license, quit relying on friends and family to give you rides and take this crucial step on the path to adulthood. Find out more about driver's education in your state here.

## 27. Performing CPR

If you know basic CPR, says Tanya Keeter, "you can save the life of your family members, friends and strangers."

If you've forgotten what you learned in high - school health class, the American Heart Association website lets you search for online and classroom training sessions in your neighborhood.

## 28. Defending yourself

It's important to know how you'd handle yourself in a dangerous situation.

Mircea Dimian recommends learning Krav Maga, a self - defense system developed for the Israeli army. Dimian calls it "the only worthy defensive art of fighting for those who **don't** embrace violence."

One woman who studied Krav Maga created her own self - defense system for women, the Soteria Method, and some of her techniques involve fighting off an attacker with your high - heel shoes.

## 29. Managing up

If you want your boss to love you, it's important to figure out what will make them look good to their bosses — and then help them achieve those goals.

The term is "managing up," and we learned about it from Dave Kerpen, founder and CEO of Likeable Local. It will make your life and your relationship with your boss a whole lot easier.

"Think of managing up as the 'Platinum Rule' for organizations," Kerpen writes in his book, "The Art of People." "Think like your manager and you will reap the benefits of getting your way when you need it most."

## 30. Memorizing important information

Between the names of new acquaintances you met at a networking event, the items on your grocery list, and the vocabulary words for the foreign language you're trying to learn, you've got a lot to remember on a daily basis.

Here's one technique that can help: the method of loci, or "memory palace." The strategy dates back thousands of years, and the US memory champion even recommends it as an easy way to boost your memory capacity. The idea is to associate each item you're trying to **remember** with a specific image and place.

For **example**, say you're trying to **remember** the names of all the US presidents.

First, pick out furniture in your home, then assign numbers to each piece. Next, create images that incorporate a president's name and a piece of furniture — so for **example**, if No. 1 is a table, then imagine someone washing the table with soap and water because it sounds like Washington. Finally, practice until you have it perfect.

Weird, yes. But effective? You bet.

### 31. Practicing self - compassion

Beating yourself up over your failures **won't** get you anywhere.

Instead, says Emma Seppala, science director of Stanford's Center for Compassion and Altruism Research and Education, you should treat yourself as you would treat a colleague or friend who has failed. For **example**, you might remind yourself that mistakes are normal and that they **don't** mean you're a **bad** person.

One strategy for practicing self - compassion is to write yourself a comforting letter — again, as though you're writing to a friend. Another strategy is to come up with a self - compassion phrase that you repeat when you're struggling.

By caring for yourself the same way you care for other people, Seppala says you'll experience less anxiety and depression and you'll have a better chance of bouncing back from stressful situations.

Read more: <https://www.independent.co.uk/life-style/31-life-skills-every-functioning-adult-should-master-a6991966.html>

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**Fifteen Things God **WON'T** Ask: - (Author Unknown)**

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.



5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.
6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.
10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.
14. God **won't** ask about the color of your skin => but will ask about the content of your character.
15. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.
16. God **won't** ask you if you loved your Grandma and Grandpa => but will ask you if you stayed with them a week each spring and each fall – if you had a real relationship with them.

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**Life skills**

**10 SKILLS That Are HARD to Learn => BUT Will Pay Off FOREVER!**

In today's video, we're sharing with you the list of 10 skills that are hard to learn but will pay off forever! ❤️ HELP TRANSLATE THIS VIDEO ❤️ If you loved this video, help people in other countries enjoy it too by making captions for it. Spread the love and impact.

[https://www.youtube.com/timedtext\\_vid...](https://www.youtube.com/timedtext_vid...)

★ MORE RECOMMENDED VIDEOS FOR YOU ★ If you enjoyed this video, you may enjoy these other videos from Evan Carmichael:

- Warren Buffett's Top 10 Rules For Success - [https://youtu.be/iEgu6p\\_frmE](https://youtu.be/iEgu6p_frmE)
- Rich Dad Poor Dad - Robert Kiyosaki's Top 10 Rules For Success - [https://youtu.be/vVfBdFs4\\_S8](https://youtu.be/vVfBdFs4_S8)
- Bob Proctor's Top 10 Rules For Success - <https://youtu.be/uLn6lpP8YmA>

<https://www.youtube.com/watch?v=2wPeC4CLkLU> 20 min

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**Jim Rohn - 10 Life Skills Everyone Should Learn (personal development)**

**April 5, 2019 => Emanuel James "Jim" Rohn (September 17, 1930 – December 5, 2009)** was an American entrepreneur, author and motivational speaker, and the mentor of Tony Robbins

<https://www.youtube.com/watch?v=QPX2BdHSfMY> 23 min

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**Basic Life Skills WAY Too Many People Lack**

You would assume everyone has these skills but.... John and Emma give you basic life skills way too many people lack. Let us know if you think there is an essential skill people often lack.

**Don't** forget guys, if you like this video please "Like," "Favorite," and "Share" it with your friends to show your support - it really helps us out! If there's something you'd like to see us discuss on the show, tweet us about it!

<https://www.youtube.com/watch?v=5YdJymlKaPc> 11 min

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**16 Skills That Are Hard To Learn But Will Pay Off Forever**

Here are some skills that are hard to learn but will pay off forever. Human psychology is fascinating! We all know that we should be prepared for anything life throws our way, but in reality, we often feel miserably unequipped. Surely, there are times when you find yourself in situations that call for one of those life skills you wish you had learned before you needed it. The good thing is, that you can always improve yourself!

We go through life learning things as we go along. There's **no** manual for life. But there are certain skills that are hard to learn but will pay off forever. From accountability to critical thinking and decision making, to communicating your needs and knowing when to shut up!

Self - improvement is for everyone. And while the best things in life may be free, they often take time and perseverance to acquire. That's especially the case when it comes to these life skills.

<https://www.youtube.com/watch?v=bq4cqes64U> **11 min**

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**What really** tells a woman – she is a woman?

I done a few Internet searches and I found nothing to help YOU?

Okay. So, You, need to help out other people here – So post us an E-Mail.

At Or May E-Mail: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

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**What really** tells a man – he is a man?

I done a few Internet searches and found nothing to help YOU?

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An update from Power and Love with Todd White –

To find out more about Lifestyle Christianity University, copy this here:

On [Youtube.com](https://www.youtube.com)

[LifestyleChristianityU.com](https://www.lifestylechristianityu.com)

Only all in Audio:

<https://www.youtube.com/watch?v=Y4LhPn8KtE8&feature=youtu.be> **48 min**

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## How to Understand What Men Are Saying

Understanding what men are saying is **not** as tricky as it sounds. When you take time to understand the main desire behind a man's words, then everything he says will make sense. Men are easy to understand when you actually listen to what they are telling you, and what he or they are **not** telling you.

Understand what a man is saying by listening to his actual words. Take his words at face value, without trying to read meaning or subtext into them. When he says he is tired, he is tired. When he says he is busy, he is busy. The best way to understand what a man is really saying is to listen.

Take the time to get to know the man you are trying to understand. Discover what drives him and what motivates him. His words will mimic his **true** desires, and they are usually related to what is driving him. It could be financial success, the desire to spend time with his friends, or a new business venture.

Allow the man to explain himself in his own way when you are trying to understand him. If you interrupt him frequently, or try to finish his sentences, you will never understand what a man is really trying to say. Men do **not** like to repeat themselves, so it's important to listen very carefully the first time.

Learn early on that men want to make peace, **not** war in their relationships. Part of understanding what a man is saying sometimes means you need to walk away and leave a situation alone.

Cue into what a man is **not** saying. If he intentionally does **not** answer a direct **question**, he either does **not** have the answer, or he knows the answer is **not** one you want to hear. In his valiant effort to keep the peace, he opts for saying nothing at all. Part of understanding what a man is saying is to know that what he is **not** saying is in the best interest of the relationship.

Recognize that most often a man is trying to express some very basic needs or desires, or he is trying to fix a problem.

If you make a man aware of a problem, he will **not** likely offer you sympathy, but he will try to help you solve the problem. When you understand that a man's desire is **not** to mull things over verbally, but to actually find solutions for problems you will be well on your way to understanding what men are saying.

<https://datingtips.match.com/understand-what-men-saying-2331554.html>

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## **15 Things That Will Tell You Exactly What Type Of Man He Is**

### **1. How he treats his mother or woman figures in life.**

How he treats her, how he talks about her and the relationship he has with her will give you an insight into the relationship he'll have with you in the future.

### **2. How he treats those doing a service for him.**

You can tell everything about someone based on how they treat a stranger doing something for them. Pay close attention to that.

### **3. How he talks about others.**

Does he talk **positively** or **negatively** about others?

Does he gossip and spread rumors?

Or does he **not** say anything if it's unkind. Stick with the one man who keep **negative** opinions they might have to themselves.

### **4. How he talks about himself.**

Does he brag and have an ego?

Or is he humble and **doesn't** think much of the things he does. Stick with the ones who are humble.

### **5. The type of friends he has.**

Who are the people he's choosing to surround himself with?

What is his best friend like?

If his best friend is a pompous asshole you have to wonder why he would choose someone like that.

### **6. If he keeps his word.**

**Don't** fall for every excuse he can come up with when he **doesn't** follow through. If you want a good relationship with someone it starts with trust and how can you trust someone if you **can't** believe what he says because he **doesn't** follow through or commit to anything.

7. Consistency to how he treats you.

He **doesn't** just treat you well in the beginning and it fades out. He treats you well all the time. Showing you that he respects you is the most important thing in the world to him.

8. How he handles confrontation.

Does he go silent?

Does he stay **mad**?

Does he lose it?

Does he use it against you in the future?

Or does he talk about it with you?

Then forgive you if you're **wrong**. And move on never bringing it up again.

9. How he speaks of his **exes**.

Does he **bad** mouth every single one of them?

If he does, there is a chance that could be you one day. Or does he still have a lot of respect for the people he dated and invested time into?

Stick with the guys who still speak kindly of their **ex**.

10. He apologizes when he's **wrong**.

When he's **wrong** he owns up to it and tries to make it right. It's that **simple**.

11. He **doesn't** play games.

He's honest, upfront and forward. When it comes to pursuing you, he lays it out on the table what he has to offer. He **doesn't** try and play some texting game of delayed responses or blowing up your newsfeed. If he likes you, you're never gonna have to wonder it.

12. He takes things slow.

He **doesn't** try and sleep with you right off the bat. Because the **truth** is he's **not** looking for someone like that. He's looking for someone he can build a life with and when you're doing that you **don't** need to rush things.

13. He can tell exactly what his goals are.

You ask him about the future and it's **not** an ambiguous response of **not** knowing. He knows exactly where he wants to be and how he can get there. He works hard and he's looking for someone who can match his ambition.

14. He remembers the things you tell him.

It's the little details he makes a point to **remember**. So many people talk to hear themselves talk but he wants to learn more about you and the things you care about.

15. He's everything you could want someone to be.

Kind. Generous. Hardworking. Considerate.

Whatever your definition of what the perfect person was, suddenly got replaced with all the qualities he has. He's **not** perfect and he has his shortcoming. But he's everything you need someone to be.

<https://thoughtcatalog.com/kirsten-corley/2017/11/15-things-that-will-tell-you-exactly-what-type-of-man-he-is/>

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**Does God talk to men?**

**If the Bible is God's Word, then God must talk to men. Of course, there are many people who do **not** believe that God speaks with people today, but that is only their opinion. They **cannot** prove that God does **not** talk with people.**

If there is a God, and if HE did create people, then it makes perfect sense that HE would communicate with them. Many people through the centuries have testified that they had personal contact with God, God the **Holy Spirit**, or the Lord Jesus Christ, and today it would be difficult to go to a gathering of charismatic Christians and **not** have at least some of them testify they had received personal communication from **Heaven** in one form or another.

In the Bible, there are a number of words used to describe its contents: “Scripture,” the “Word of God” or “Words of God,” “prophecy,” “revelation,” etc. Each of these words has its own distinct meaning, yet the idea is the same: knowledge given by God to men and written down in what we refer to as the Bible.

The Bible specifically states God gave it to men. **2 Timothy 3:16**

All Scripture is God - breathed and is useful for teaching, rebuking, correcting and training in righteousness.

“All Scripture,” what is written in the Bible, “is God - breathed.” “God - breathed” points to God as the source of the words. In order to speak, you have to breathe. This verse is saying that all the words written in the Bible came from God — HE “breathed” them out. In other words, **no** man (**or woman**) or group of men was the source of Scripture. **No** man sat down with a paper and pen (**or a clay tablet and pointed stick**) and said, “I’ve got some great insight and a good story, and I’m going to write part of the Bible.” The testimony of the Bible is that God is its source.

Let’s look at another reference. **2 Peter 1:20 and 21**

(20) Above all, you must understand that **no** prophecy of Scripture came about by the prophet’s own interpretation.

(21) For prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the **Holy Spirit**.

To have confidence in the Bible, we must understand that Scripture did **not** have its origin in the will of man, and thus, **not** in any traditions that were passed down from generation to generation. Neither was it the accumulated wisdom of a few “inspired” men.

This verse refers specifically to speaking words from God, but it is also applicable to writing words from God. Here it clearly states that the origin, or the source, of the words was **not** man. The content of the Bible came from God, who communicated it to men, who then wrote it down.

By the way, “prophecy,” as the word is used in the Bible, does **not** always mean foretelling the future. The word “prophecy” also refers to the declaration of past or current events and the details of those events. Whenever God gives information to someone and that person speaks it, that is prophecy.

A quick read of any of the prophetic books such as Isaiah, Jeremiah, or Ezekiel will show that much of the prophecy they spoke concerned Israel's past and present. Therefore, the entire Bible is "prophecy," some of it foretelling future events and some of it simply declaring the **truth** concerning past or current events. Scripture is clear that **no** prophecy was the prophet's own interpretation.

In Galatia, there were people who stood against the message of the Apostle Paul. The Lord moved Paul to write that it was the Lord who was the author of Paul's writings. Paul did **not** get his message from man; he got it by revelation from the Lord Jesus Christ. [Galatians 1:11 and 12](#)

(11) I want you to know, brothers, that the gospel I preached is **not** something that man made up.

(12) I did **not** receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ.

Paul was **not** the only writer who got his message by revelation. All the writers of the Bible did. In the case of Moses, the Bible says many times, "the Lord spoke to Moses." Why **question** that?

If there is a God, can HE **not** speak with those HE created?

In fact, if there is a God, it seems certain HE would speak to people. Many men who put pen to paper as writers of the Bible made the specific claim that God spoke to them, and there are many accounts of HIM doing so. A partial list includes: Moses ([Exod. 19:3](#)), Joshua ([Josh. 1:1](#)), Samuel ([1 Sam. 3:11](#)), Solomon ([1 Kings 3:11](#)), Job ([Job 38:1](#)), Isaiah ([Isa. 6:8 - 13](#)), Jeremiah ([Jer. 1:4 - 19](#)), Ezekiel ([Ezek. 1:1 - 3; 2:1ff](#)), Hosea ([Hosea 1:1](#)), Joel ([Joel 1:1](#)), Amos ([Amos 7:1 - 9](#)), Jonah ([Jonah 4:1 - 11](#)), and Paul ([Gal. 1:11 and 12](#)). The testimony of these men and others who wrote the Bible is that they were writing expressly what God said to write.

**Not** only is there **no** proof the Bible was passed down by word of mouth from generation to generation before it was written, there is evidence to the contrary.

It is obvious that people who lived at the time the Bible was written thought Moses, David, Daniel, etc., were writing the words of God. **No** one carefully preserves and passes down the word of a lunatic or **liar**, which is exactly what the authors of the Bible would be had they claimed God was speaking to them when HE was **not**. The fact that the books of the Bible were carefully preserved and passed down from one generation to the next shows that the people who lived when they were written recognized those documents as being **true** and valuable. There is **no** indication the people alive at the time of Moses **doubted** that God spoke to him. This is why the books of Moses were very carefully preserved as the Word of God.

It is also very clear that people in later generations recognized that God had spoken to their forefathers. Josiah is a good example. He was a king of Judah who reigned some 800 years after Moses. His father, Amon, was an **evil** king who did **not** obey the Law of Moses, so Josiah grew up without knowing the Mosaic Law. When Josiah started his reign, the scrolls containing the Law of Moses were found in the Temple and read to him. His reaction was immediate. He ripped the clothing he was wearing (**an Eastern way of showing he was very upset**) and sent a delegation to Huldah the prophetess to find out what to do. Josiah was worried because he knew the words that were read to him were God's commands, **not** just "Moses' wisdom" (**2 Kings 22:13**). Josiah did **not** take the attitude, "It is unfortunate we have missed out on the wisdom of Moses for so long; after all, Moses was such a learned individual."

**No**, Josiah knew it was God's Word and God's commands that had been found, and he was concerned about the wrath of God that would come upon his kingdom because he and the people had been disobedient to HIS laws. Regrettably, many people today are so convinced the Bible is man's words and man's wisdom, they feel completely comfortable ignoring it.

Jesus Christ believed God spoke to Moses and other people who wrote Scripture. He openly stated that it is God's Word.

Surely, he would **not** have said that if he believed the Bible were just the accumulated wisdom of some great men. Jesus also said the Word of God was **true** (**John 17:17**). He did **not** say it had contradictions or errors.

Although Moses lived some 2,500 years after Adam, almost 1,000 years after the Flood, and almost 500 years after Abraham, that does **not** mean that what he wrote was passed down to him by word of mouth from earlier generations. God is eternal. He was an eyewitness of all the events on earth throughout history and HE has perfect memory. Therefore, God is exceptionally well qualified to speak to men who would then write down what HE said. Furthermore, God would get all the details correct — something that is **true** of the biblical text but certainly **not** something we would expect if it were the product of accumulated folklore and stories passed down from generation to generation. Many critics of the Bible either do **not** believe there is a God or they think that God would **not** speak to people, so they conclude that men authored the Bible. Their conclusion is in **error**.

God does exist. Furthermore, HE created man to fellowship with HIM, so it makes perfect sense for HIM to speak with men and women, still today.

Does the fact that the Word of God was written by revelation mean there were **no** stories passed down from generation to generation by word of mouth or in other writings? **Not** at all. The great events described in the Bible would have been told and retold, and even inspired folklore and legends. Of course, the vast majority of these are lost to us.



However, some were preserved (**with a significant loss of accuracy**) in the writings of other cultures. For **example**, many ancient cultures have a Flood story. It is vital to understand, however, that there is a big difference between admitting there were stories passed down from generation to generation and claiming the writers of the Bible used these stories as the basis for their work. If anything, what God told the **holy** men to write would have confirmed or corrected things that had come down to people by word of mouth.

People who say the Bible is only a collection of folklore passed down through the generations often try to make this idea easier to accept by saying, “But the Bible is still a good book with wonderful lessons.” Make **no** mistake, the men who wrote Scripture claimed that God actually spoke to them. The whole Bible is record after record of “the Lord said,” or “the Lord did.” If these records are **not true**, if God really did **not** speak to the men who wrote, if God did **not** put Adam and Eve in the Garden of Eden, or save Noah and his family on the Ark, or sustain Israel with manna for 40 years, or dry up the Jordan River so Israel could cross over, or **stop** the sun for Joshua, or multiply the loaves and fish, or raise the **dead**, then the Bible is **not** a “good” book at all — **It is a pack of lies, and the men who wrote it were colossal liars. The Bible does not** claim to be a book of stimulating stories and inspiring fables — it claims to be “the **truth**.” The books of the Bible do **not** begin with “Once upon a time,” or some other homespun opening that would let the reader know they are just man’s folklore. They are clearly written as if they happened just the way they are recorded.

The Bible makes many claims: claims about its author, God; claims about the men who wrote what God said; claims about events such as the walls of Jericho falling down; claims about salvation and how to obtain everlasting life; and claims about the future and how things will be at the end of this world. If these claims are **not true** or are exaggerations of what really happened, what is left to believe?

That the Bible is a book with some nice proverbs and a few insightful parables and stimulating stories? That is **not** very satisfying or comforting, and it does **not** make the hard work of learning the Bible even worthwhile. If, on the other hand, the Bible is the Word of God as it claims to be, then it is worth studying, learning, and obeying. Furthermore, if the Bible is in fact the Word of God, then the critics are doing mankind a monumental disservice by causing people to **doubt** it, and they will have to account for this “...on the day when God will judge men’s secrets through Jesus Christ...” (**Rom. 2:16**).

<https://www.truthorthatradition.com/articles/does-god-talk-to-men>

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## Nice guys finish first

**No** one ever says it aloud, but I suspect that the thought, “what’s in it for me?” surfaces to some degree for most people when they are urged to be generous.

[In my last pause post](#), I talked about how generosity can make you happier. And I shared the research study that found that folks who learned and practiced mindfulness were more likely to act with compassion than folks who **didn’t**.

Is acting with compassion necessarily a good thing, though?

Some people worry that they could lose their competitive edge if they cultivate too much [positivity](#). In his book [10% Happier](#), ABC news anchor Dan Harris shares his struggle with this conundrum. As his meditation practice increased his compassion and kindness, he worried he was losing the cunning and aggressiveness he needed to succeed in the competitive world of TV news. He eventually learned he **didn’t** have to jettison his ambition as he became less of a “jerk,” and his career continued to advance alongside his meditation practice. He says:

“Compassion has the strategic benefit of winning you allies. And then there’s the small matter of the fact that it makes you a vastly more fulfilled person.”

Personally, I think it might be natural to wonder, at least a little, if being compassionate all the time might lead to failure.

I mean, we’ve all heard the saying: nice guys finish last.

Is that **true**?

The research shows just the opposite. Doing good things for other people without the expectation of personal gain will make you happy.

Happiness has been shown to produce a long list of [tangible benefits](#) including:

- higher odds of marriage
- lower odds of **divorce**
- more friends

- stronger social support,
- greater creativity
- increased productivity
- higher income

It seems that nice guys actually - finish first. They have better relationships and are more successful at work.

All these findings mirror my personal experience. I've never seen anyone become less successful as a result of becoming a happier, nicer person. Unless your heart's desire is to become a vengeful autocrat, I **doubt** it will interfere with your goals.

With all this in mind, I hope you are continuing the project we started last time, of doing something helpful or kind for someone else every day. Have you noticed this changing your outlook yet?

<http://thepause.kor mindfulness.org/nice-guys-finish-first/>

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If YOU like or YOU got some help from this **MSTP > PDF 35** subject or item or YOU know of someone this part will help from this part above. Copy it and get it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

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Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands - down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also, maybe meet the next Him or the next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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**Note:** Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its parts so far. As a summary of the parts and up - coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

**Subscription:** Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new** Web Site:

A new Web Site: <http://marriagesecondtimeplus.org/>

At Or May E-Mail: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

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If you have any comments please E-Mail us: [info@marriagesecondtimeplus.org/](mailto:info@marriagesecondtimeplus.org/)

Visit: [Tri-CountyRegion.US](http://Tri-CountyRegion.US)

Visit a new Web Site: <http://marriagesecondtimeplus.org/>

At Or May E-Mail: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

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The **Battle** That Rages For Your Mind || Wake Up => **Warning** 2019

There is a **battle** right now in the world that rages for your mind!

Speaker: Carter Conlon \_\_\_\_\_

We need help to translate and text this clip in every language possible and if any of you feel a need to translate this clip you are more than welcome. To edit videos like this takes a huge amount of time, and there are setbacks to spread the truth, do you want me to Make more Videos Like This? Then you can Help me out Financially or just to keep this channel in your prayers.

<https://www.youtube.com/watch?v=tJDZeW1-igg> **30 ½ min**

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Sheila Walsh: Admit You're Stuck and Struggling ([James Robison](#) / [LIFE Today](#))

**Nov 5, 2018 =>** Sheila shows how God remains with us in our most difficult times and redeems our brokenness for HIS glory. Original air date October 10, 2018.

<https://www.youtube.com/watch?v=8GkKCj-qQq4> **28 ½ min**

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Most People **Don't** Even Realize What's Around Them - Watch This!!

**May 23, 2019 =>** This is a **truly** eye opening video which will bring new depths of knowledge in your walk. Most People **Don't** Even Realize What's Around Them - Watch This!!

<https://www.youtube.com/watch?v=POJE1zlpaUM> **11 min**

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This sponsoring Lions Club does **NOT** endorse all information contained this **MSTP > PDF # 35** part.

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**THE END OF MSTP PDF 35**

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