



SECTION 4

LIFE SKILLS

The Life Skills section of the “Training for 2012” program materials consists of worksheet lessons based on the following premise:

“Olympians are not born with special gifts and talents. They are ordinary people who have accomplished extraordinary things in the area of life that matters most to them.”

If a person focuses to find her passion, sets her vision and takes action, she can achieve her goals.

MATERIALS:

- Worksheet: What It Takes
- Worksheet: Add It Up – It Takes All Three
- Worksheet: What Do I Want to Be?
- Worksheet: What It Takes ...
- Worksheet: Track To Success
- Worksheet: Track To Success Contract

MATERIALS USAGE:

We ask that these materials not be reproduced for any purpose other than their use in a classroom or after-school program in conjunction with BASOC’s Training for 2012 program usage.

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