

HEART-CENTERED ADVENTURES¹

35 BASIC LIFE SKILLS

1. *Conscious Recognition of Another*
2. *Empathic Listening*
3. *Asking Open-Ended Questions*
4. *Conscious Sharing*
5. *Perception Checking*
6. *Facility Responsibility I – Choice*
7. *Facility Responsibility II – Ownership*
8. *Positively Reinforcing: Prizing*
9. *Facilitating Commitment to Self*
10. *Reframing Issues as Blessings*
11. *Silence*
12. *Exploring Feelings*
13. *Reflecting Feelings*
14. *Seven Steps to Issue Resolution*
15. *Giving Effective Feedback*
16. *Receiving Feedback Effectively*
17. *Facilitating the Owning and Accepting of Projections*
18. *Facilitating Positive Self-Talk*
19. *Accessing Intuition*
20. *Facilitating Compassionate Self-Forgiveness*
21. *Facilitating Lesson Awareness*
22. *Tracking Projections I*
23. *Tracking Projections II*
24. *Facilitating Our Heartfelt Dreams*
25. *Asking For What You Want*
26. *Facilitating Positive Intention*
27. *Facilitating Our Heartfelt Dreams, Level II*
28. *Facilitating Inner Cooperation*
29. *Facilitating the Owning and Accepting of Projections, Level II*
30. *Facilitating the Freedom From Limiting Interpretations of Reality*
31. *Completing Unfinished Business*
32. *Facilitating Care-Frontation*
33. *Facilitating Creative Solutions*
34. *Focused Questions*
35. *Facilitating Positive Focus*

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