

ELS => QoL (Essential life skills to achieve Quality of Life) by GdMicha

A roadmap for personal development to achieve a balanced and fulfilling life. By focusing on these essential skills and areas, individuals can enhance their well-being, build strong relationships, and achieve their goals.

I. Physical Well-being (20%)

- ✓ **Exercise:** Engage in regular physical activity (cardio, strength, flexibility, balance).
- ✓ **Nutrition:** Control your weight, eat a balanced diet, prioritize whole foods, and stay hydrated.
- ✓ **Rest:** Get enough sleep, prioritize rest and relaxation.

II. Mental Well-being (20%)

- ✓ **Daily brain training:** Memory, Intelligence, Cognition, Attention, Speed, Navigation
- ✓ **Stress** mindfulness meditation to cultivate awareness and reduce stress.
- ✓ **Positive Mind Management:** Identify stressors and develop coping strategies.
- ✓ **Mental Rest:** Engage in activities that promote relaxation and mindfulness.
- ✓ **Meditation:** Practice Focus on gratitude, practice positive self-talk, and cultivate optimism
- ✓ **Spirituality: having faith can give you piece of mind.** Look for **love & connection.**
- ✓ Engage all **5-Senses**, wherever possible

III. Applied Project Management & Financial Literacy (10%)

- ✓ **Break Down Projects:** Clearly define the scope/ end goal; Identify major phases: Create tasks / Set milestones
- ✓ **Manage Time, Costs, and Resources:**
 - **Time:** Set realistic deadlines, prioritize tasks, and avoid procrastination.
 - **Costs:** Create a budget, track expenses, and look for cost-effective solutions.
 - **Resources:** Identify and allocate people, materials, & tools
- ✓ **Negotiation:** Learning to negotiate effectively can be valuable in various situations, from salary negotiations to buying a car
- ✓ **Do not depend on a single source of income:**and explore different savings options.
- ✓ **Manage Debt & Understand Taxes:** Understand different types of debt, create a debt repayment plan, and consider debt consolidation options.
- ✓ **Investments:** Learn about different investment options (stocks, bonds, real estate), assess risk tolerance, and diversify investments.

IV. Use your Communication and Social Skills to achieve your goals (Emotional Intelligence - 10%)

- ✓ **Active Listening:** Pay attention, ask clarifying questions, and provide feedback.
- ✓ **Empathy:** Understand and share the feelings of others.
- ✓ **Understanding & Managing Emotions:** Identify/label your own emotions and the emotions of others
- ✓ **Teamwork:** Collaborate effectively, communicate openly, and respect diverse perspectives.
- ✓ **Conflict Resolution:** Address conflicts constructively, focus on solutions, and practice compromise.
- ✓ **Effective Communication:** Express yourself clearly and respectfully, consider non-verbal cues.
- ✓ **Assertiveness:** Express your needs and opinions confidently and respectfully.
- ✓ Be persisted but patient

V. Problem - Solving and Critical Thinking (IQ – 10%)

- ✓ **Analyzing Information:** Break down complex information into smaller parts.
- ✓ **Synthesizing Information:** Combine different pieces of information to form a complete understanding
- ✓ **Evaluating Information:** Assess the credibility and relevance of information.
- ✓ **Decision-Making:** Make informed decisions based on available information and potential outcomes

VI. Creativity, Adaptability and Resilience (10%)

- ✓ **Challenge Assumptions:** Question conventional thinking and explore new possibilities
- ✓ **Brainstorm Ideas:** Generate a wide range of ideas without judgment
- ✓ **Experiment and Explore:** Try new approaches and be open to different perspectives
- ✓ **Embrace Change:** Be open to new experiences and challenges
- ✓ **Learn from Setbacks:** View setbacks as opportunities for growth
- ✓ **Gratitude:** Cultivating gratitude can improve your overall well-being and outlook on life

VII. Practical Skills & Social Interaction (20%)

- ✓ **Basic Cooking:** Learn basic cooking techniques and recipes. Start with simple meals and gradually expand your skills.
- ✓ **Basic First Aid:** Take a first aid course to learn essential life-saving skills.
- ✓ **Basic Home/Car Maintenance:** Learn basic maintenance tasks to keep your home and car in good condition.
- ✓ **Digital Technology Skills/Literacy:** Improve your computer skills, learn about online safety, and stay updated with new technologies.
- ✓ **Public Speaking:** Developing confidence in public speaking can be beneficial in many aspects of life.
- ✓ **Time Management:** This is crucial for productivity and achieving your goals
- ✓ **Writing Skills:** Strong writing skills are essential for communication in many contexts.
- ✓ **Languages:** Master English language. Learn a foreign language if your native language is English
- ✓ **Art Appreciation:** Visit museums, galleries, and art events. Read about art history and different art movements.
- ✓ **Cultural Exploration:** Travel, try different cuisines, learn about different customs and traditions.
- ✓ **Dancing/Singing:** Take classes, join a choir, or practice at home.
- ✓ **Musical Instrument:** Choose an instrument that interests you and take lessons.
- ✓ **Team Sport:** Join a local sports team or club.
- ✓ **Volunteering:** Giving back to your community can be a rewarding experience and help you develop new skills.
- ✓ **Mentoring:** Sharing your knowledge and experience with others can be beneficial for both parties.
- ✓ Nurture existing relationships and be open to new ones
- ✓ Long-term thinking & Sustainability. Consider the potential long-term effects of your choices, even when making small, everyday decisions. Embrace sustainable practices that protect the environment and preserve resources for future generations.
- ✓ Live the present in full, without compromising the future