

Dr. Dor's list of 100 must-have life coping skills:

1. Effective communication
2. Active listening
3. Problem-solving
4. Decision-making
5. Time management
6. Stress management
7. Emotional intelligence
8. Self-awareness
9. Resilience
10. Flexibility
11. Adaptability
12. Patience
13. Empathy
14. Assertiveness
15. Conflict resolution
16. Mindfulness
17. Goal setting
18. Self-motivation
19. Positive thinking
20. Creativity
21. Critical thinking
22. Organization
23. Prioritization
24. Self-discipline
25. Perseverance
26. Self-confidence
27. Networking
28. Negotiation skills
29. Financial management
30. Problem analysis
31. Learning from feedback
32. Teamwork
33. Leadership
34. Public speaking
35. Time estimation
36. Decision-making under pressure
37. Adaptability to change
38. Active learning
39. Adaptation to new technology
40. Resolving conflicts
41. Conflict prevention
42. Empathy towards others' perspectives
43. Building and maintaining relationships
44. Building trust
45. Building resilience in difficult situations
46. Effective delegation

47. Building a support network
48. Building emotional resilience
49. Building physical resilience
50. Networking and building connections
51. Building mental resilience
52. Building financial resilience
53. Building social resilience
54. Building cultural competence
55. Building self-compassion
56. Building self-awareness
57. Building gratitude
58. Building self-care habits
59. Building effective study habits
60. Building healthy boundaries
61. Building assertiveness skills
62. Building problem-solving skills
63. Building decision-making skills
64. Building effective coping mechanisms
65. Building time management skills
66. Building stress management skills
67. Building emotional regulation skills
68. Building conflict resolution skills
69. Building effective communication skills
70. Building active listening skills
71. Building self-motivation skills
72. Building empathy skills
73. Building self-confidence skills
74. Building adaptability skills
75. Building resilience in the face of failure
76. Building flexibility in thinking
77. Building self-reflection habits
78. Building self-control

79. Building self-acceptance
80. Building problem-solving strategies
81. Building decision-making strategies
82. Building effective learning strategies
83. Building effective communication strategies
84. Building effective negotiation strategies
85. Building effective time management strategies
86. Building effective stress management strategies
87. Building effective conflict resolution strategies
88. Building effective coping strategies
89. Building effective self-care strategies
90. Building effective goal-setting strategies
91. Building effective teamwork skills
92. Building effective leadership skills
93. Building effective public speaking skills
94. Building effective networking skills
95. Building effective financial management skills
96. Building effective problem analysis skills
97. Building effective critical thinking skills
98. Building effective organization skills
99. Building effective self-discipline skills
100. Building effective perseverance skills



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