

# ESSENTIAL REFLECTIONS

Think about your life. What do you think is your biggest obstacle to success in the beauty industry? Is the root cause mismanagement of time, attitude, or personality? Whatever the reason is, how can you manage the obstacle to be a successful licensed professional in the beauty industry?

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# ESSENTIAL EXPERIENCE

## Life Skills in Action

### ACTIVITY Rate Your Skills

What life skills do you currently possess? List them in the spaces below. Then rate each skill on a scale of 1 to 5, where 5 is "excellent," and 1 is "fair." Determine how you can improve any skills with a score of 1 or 2.

1.	_____	Rating: _____
2.	_____	Rating: _____
3.	_____	Rating: _____
4.	_____	Rating: _____
5.	_____	Rating: _____

### **ACTIVITY 3** Design a Mission Statement

A mission statement provides a sense of direction by defining guiding principles and clarifying goals as well as defining how an organization works. A well-thought-out mission statement can point you in the right direction and help you stay on course. Prepare a mission statement that communicates who you are and what you want for your life. To assist in constructing your mission statement, begin by making a visual. Clip words, phrases, and pictures from old magazines or printed from the Internet that are representative of your personality, profession, and the image you desire to portray. Next, make a collage by taping, gluing, or stapling the words and images together on a piece of paper or poster board. Another alternative is to create your collage electronically using images and words from websites that fit your mission statement.

Review your creation and create a mission statement to work and live by. Write your mission statement below.

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# Demonstrate Time Management

## ACTIVITY 1 Managing Time Efficiently

For one week, track your time in 30-minute increments. The results will be enlightening. Take a look at how much time you spent in class, how much time you spent (or didn't spend) studying, how much time you spent eating and sleeping, how much quality time you spent with your family, and how much time you wasted on busy work or unimportant activities.

Review your time log after one week, and determine if your time was spent wisely. Also, review your mission statement to see if your time management methods align with your overall mission.

### TIME UTILIZATION LOG

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							





## ESSENTIAL REVIEW

Using the following words, fill in the blanks below to form a thorough review of Chapter 2, Life Skills. Words or terms may be used more than once or not at all.

respect	game plan	achievement
self-actualization	goal setting	attitude
self-esteem	integrity	caring
short-term	long-term	communication
small tasks	mission statement	competent
social	moral	creative
strengths	motivation	decisions
studying	passion	desire
technical	perfectionism	diplomacy
test	personality	discipline
time-out	prioritized	discretion
uninterrupted	problem-solving	education
values	procrastination	energetic
visualize	professional	ethics
	quiet spot	friends

If you do not have a positive attitude, what plans are you putting in place to improve your attitude?

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What characteristics do you possess? For instance, would you consider yourself positive, assertive, emotionally stable, compassionate, receptive, or an active listener to name a few.

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What people do you believe have an award-winning attitude? Describe their characteristics.

