

DON'T KILL MY VIBE

SEL COMPETENCIES

Self-Awareness: Understanding your own emotions, values, and strengths.

Self-Management: Managing your emotions and behaviors effectively.

Social Awareness: Understanding others' perspectives and practicing empathy.

Relationship Skills: Building and maintaining healthy relationships.

Responsible Decision-Making: Making thoughtful, responsible choices.

QUOTE #1

"People don't like to look at themselves in the mirror. It's the hardest thing to do—critiquing yourself rather than pointing the finger...everybody hates change. So, to actually do that and say, 'I'm wrong in a lot of areas,' takes a lot of willpower."

WHICH SEL COMPETENCY DOES THIS QUOTE CONNECT TO? HOW?

- | | | |
|--|--|---|
| <input type="checkbox"/> Self-Awareness | <input type="checkbox"/> Self-Management | <input type="checkbox"/> Social Awareness |
| <input type="checkbox"/> Relationship Skills | <input type="checkbox"/> Responsible Decision-Making | |

WHAT DOES THE QUOTE MEAN TO YOU?

HOW CAN THIS QUOTE HELP YOU NAVIGATE THE SCHOOL YEAR?

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QUOTE #2

"I always had to prove myself, and that's what keeps me on my toes, constantly challenging myself."

WHICH SEL COMPETENCY DOES THIS QUOTE CONNECT TO?

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

HOW?

WHAT DOES THE QUOTE MEAN TO YOU?

HOW CAN THIS QUOTE HELP YOU NAVIGATE THE SCHOOL YEAR?

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QUOTE #3

"Keep the most genuine people around you, only a few. Don't let too many into your circle—those who weren't there from day one, who don't truly understand you, and who see you as a celebrity or a dollar figure."

WHICH SEL COMPETENCY DOES THIS QUOTE CONNECT TO?

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

HOW?

WHAT DOES THE QUOTE MEAN TO YOU?

HOW CAN THIS QUOTE HELP YOU NAVIGATE THE SCHOOL YEAR?

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QUOTE #4

"We are put on Earth to love. That's what it's all about."

WHICH SEL COMPETENCY DOES THIS QUOTE CONNECT TO?

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

HOW?

WHAT DOES THE QUOTE MEAN TO YOU?

HOW CAN THIS QUOTE HELP YOU NAVIGATE THE SCHOOL YEAR?