



Perky's
HELP

Core Life Skills

Core life skills, as defined by the World Health Organization (WHO), are abilities that enable people to adapt positively and manage the demands of everyday life effectively. They include a combination of personal, emotional, and social competencies that support independence and effective functioning.

Key core life skills include communication, problem-solving, time-management, adaptability, decision-making, and interpersonal skills. Developing these skills helps people build confidence, strengthen self-awareness, and develop a clearer sense of identity. They can also improve access to opportunities in education, employment, and daily living by supporting better routines and more effective decision-making.

Stronger communication and interpersonal abilities contribute to healthier relationships, increased resilience, and improved direction in life. Overall, these skills are essential for longterm personal effectiveness and the ability to cope with change and challenge.

The development of core life skills underpins many everyday activities, such as planning and completing school, or work tasks, managing personal finances, or budgets, preparing meals and maintaining nutrition, and organising travel or appointments. They are also important when adapting to unexpected changes, resolving conflicts, working in teams, attending interviews or meetings. Core life skills can also be important in relation to communicating needs in different contexts and managing time effectively to balance responsibilities and commitments.

Ref	Core Focus	The Situation	Action
A	Adaptability	Facing change or uncertainty	Embrace change and adjust your approach with openness
B	Communication	Experiencing conflict or unclear boundaries	Communicate honestly while setting and respecting boundaries
C	Creative Action	Feeling stuck, uninspired, or unable to express yourself	Explore and express your ideas without fear of judgement
D	Leadership	Wanting to support or guide others	Offer guidance, encouragement, and support to those around you
E	Mental Agility	Struggling with negative or limiting thoughts	Challenge assumptions and reframe your thinking
F	Organisation	Feeling overwhelmed or disorganised	Prioritise tasks and structure your time intentionally
G	Personal Ethics	Feeling misaligned or uncertain about values	Reflect on your values and align your actions accordingly
H	Resilience	Facing setbacks or ongoing challenges	Persist through difficulties and seek practical solutions
I	Self-Agency	Feeling stuck, passive, or unsure how to act	Make intentional decisions and take ownership of risks
J	Self-Care	Experiencing fatigue, burnout, or low energy	Rest, recharge, and manage your energy sustainably
K	Self-Regulation	Feeling reactive, stressed, or emotionally overwhelmed	Pause, observe your emotions, and respond thoughtfully
L	Social Literacy	Feeling disconnected or struggling in relationships	Listen actively and engage with empathy

Ref	The Outcome	Notes
A	Evolve at your own pace	Growth comes from accepting change rather than resisting it
B	Create emotional safety	Honest communication builds trust: set clear boundaries with respect
C	Reclaim your spark and fulfilment	Creativity thrives when you allow curiosity over perfection
D	Find meaning by helping others	Leadership is service; guide others through empathy and shared growth
E	Break free from inner limitations	Question assumptions and reframe negative thoughts
F	Enjoy clarity and reduced overwhelm	Focus on what truly matters; structure creates space for calm and purposeful action
G	Feel grounded and peaceful	Align actions with your core values; integrity creates inner stability and direction
H	Emerge stronger from setbacks	Challenges are opportunities to build strength; stay steady, adapt, and keep moving forward
I	Take charge of your own story	Own your choices; thoughtful risks and decisions shape your path and personal growth
J	Restore vitality and prevent burnout	Sustainable energy comes from rest and balance
K	Respond with intention, not reaction	Awareness creates control; pause, observe, and choose responses consciously
L	Reduce loneliness and build trust	Deep connection comes from truly hearing others