**3 main technical skills**

* Applications.
* Certifications.
* Coding.

3 main generic skills

**communication, teamwork, digital literacy**

***Values*** are simply the labels and categories we create to identify the motivations and desires we believe will usher us towards a good life, though in practice, values regularly conflict with one another. I value comfort and deliciousness while simultaneously valuing health and industry.

**Anti-Values** are values that have a predictably bad outcome. These include dominance, revenge, sadism, ideology, hardness, and exclusivity. Presumably in our primordial past, these anti-values ensured some measure of security and flourishing, but they no longer have a beneficial role in our modern communities.

**3 necessary skills that you would like to build or acquire.**

* 1 COMMUNICATION SKILLS (LISTENING, SPEAKING AND WRITING) ...
* 2 ANALYTICAL AND RESEARCH SKILLS. ...
* 3 FLEXIBILITY/ADAPTABILITY. ...
* Name your professional objective (SMART)
* Getting to Work on Time. To ensure I get to work on time, I'll start waking up half an hour earlier and leaving the house at least 15 minutes earlier than usual this month. ...
* Improve Skills. ...
* Work-Life Balance. ...
* Improve Finances and Freelance Work. ...
* Improve Communication. ...
* Reduce Clutter.