

Skills List (10% and 1% Solutions)

8 TO 10

Skills to take care of myself or feel better:

6 TO 8

Skills to take care of myself or feel better:

4 TO 6

Skills to take care of myself or feel better:

2 TO 4

Skills to take care of myself or feel better:

0 TO 2

Skills to take care of myself or stay in BLUE:

0 TO -2

Skills to take care of myself or feel better: