

Helping Us Serve You Better

We're interested in what you learned from the **QuickSkills** information sheet titled

Also, we want to know if it has helped you make positive changes in your life.

1. Have you practiced any of the Skill Builders?
 Yes No
2. Have you created and used new Skill Builders of your own? Yes No
3. Has your way of **thinking** changed in a positive way? Yes No Please explain:

4. Have you **done** anything that you consider an improvement? Yes No Please explain:

5. Other comments:

Today's Date: _____

Thank You! Your Kentucky Cooperative Extension Service

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