

# **Personal Success: An Illustrated Guide to Personal Needs**

## **Table of Contents**

- Introduction

### **Personal Care for Women**

- Keep Clean and Fresh
- Take a Shower
- Take a Bath
- Shave with an Electric Shaver
- Use Deodorant
- Wash Your Face
- Care for Your Skin
- Care for Your Skin – Acne and Lotion
- Finishing Touches
- Apply Makeup
- Comb and Brush Hair
- Blow Dry Hair
- Style Hair
- Trim Nails
- File Nails
- Polish Nails
- Jewelry and Fragrance
- When You Have Your Period
- Use a Sanitary Pad
- Use a Tampon

### **Personal Care for Men**

- Keep Clean and Fresh
- Take a Shower
- Shave with a Razor
- Shave with an Electric Shaver
- Use Deodorant
- Wash Your Face
- Care for Your Skin – Acne and Lotion
- Final Looks
- Comb and Brush Hair
- Blow Dry Hair
- Facial Hair Style

- Trim Nails

### **Personal Care for Everyone**

- Keep Your Hands Clean
- Wash Your Hands
- Care for Your Glasses
- Care for Your Feet
- Take Care of Your Smile
- Brush Your Teeth
- Floss Your Teeth
- Use Mouthwash/Water Pik
- Go to the Dentist – Tips
- Go to the Dentist

### **Dressing for Success - Women**

- Dressing for Success
- Shop for Clothes 1
- Shop for Clothes 2
- Check Yourself Over
- What to Wear Outdoors
- Clothing Types 1
- Clothing Types 2
- Clothing Types 3
- Clothing Types 4

### **Dressing for Success – Men**

- Dressing for Success
- Shop for Clothes 1
- Shop for Clothes 2
- Check Yourself Over
- What to Wear Outdoors
- Clothing Types I
- Clothing Types 2
- Clothing Types 3
- Clothing Types 4

### **Clothing Care for Everyone**

- Select Your Clothes
- Clothing Care Tags
- Use a Washer

- Use a Dryer
- Hand Wash Clothes
- Laundromat Tips
- Use a Laundromat 1
- Use a Laundromat 2
- Clean Clothes
- Put Away Your Clothes
- Iron Clothes
- Dry Cleaning Tips
- Sew on a Button
- Polish Your Shoes

## **People Skills**

- Be Friendly
- Tips for Getting Along
- Control Your Anger
- Dealing With Conflict
- Behavior Tips
- Be Safe
- Just Say No for Women
- Just Say No for Men
- Be Prepared on a Date
- Be Sociable on a Date
- Places to Go on a Date

## **Appendix**

- Progress Report
- Activity Assessment Sheet
- Activity Goals
- Routine Goals