The Department of 4-H Youth Development has adopted “Targeting Life Skills” as its official life skills model. The model is developed around the concept of “Head, Heart, Hands, and Health,” upon which the 4-H Pledge is based.

© Iowa State University Extension
Targeting Life Skills Model – 1996
Patricia A. Hendricks

Reprinted with permission from Iowa State University

Adopted by the Department of 4-H Youth Development 11-19-03