

TEEN LIFE SKILLS

checklist

PERSONAL GROWTH & DEVELOPMENT

<input type="checkbox"/> Setting / Achieving Goals	<input type="checkbox"/> Time Management
<input type="checkbox"/> Managing Stress	<input type="checkbox"/> Problem-Solving
<input type="checkbox"/> Building Self-Esteem	<input type="checkbox"/> Communication / Active Listening
<input type="checkbox"/> Gratitude / Positive Thinking	<input type="checkbox"/> Conflict Resolution
<input type="checkbox"/> Accountability	<input type="checkbox"/> Self-Awareness / Reflection

FINANCES

<input type="checkbox"/> Budgeting / Managing Money	<input type="checkbox"/> Savings / Investing
<input type="checkbox"/> Understanding Credit / Debt	<input type="checkbox"/> Understanding Taxes
<input type="checkbox"/> Online Banking / Reconciliation	<input type="checkbox"/> Student Loans / Financial Aid
<input type="checkbox"/> Writing a Check	<input type="checkbox"/> Insurance (Health / Auto / Etc.)
<input type="checkbox"/> Paying Bills / Late Fees	<input type="checkbox"/> Make a Return (in-store / online)

HOUSEHOLD

<input type="checkbox"/> Laundry / Ironing / Sew on a Button	<input type="checkbox"/> Meal Planning
<input type="checkbox"/> Cleaning / Windows / Floors	<input type="checkbox"/> Grocery Shopping
<input type="checkbox"/> Basic Plumping (drains / valves)	<input type="checkbox"/> Read a Recipe / Measure Ingredients
<input type="checkbox"/> Check Breaker Box	<input type="checkbox"/> Cook / Bake
<input type="checkbox"/> Change Air Filter	<input type="checkbox"/> Read a Tape Measure / Use Basic Power Tools

AUTOMOTIVE

<input type="checkbox"/> Check Tire Pressure / + Air	<input type="checkbox"/> Keep Vehicle Maintenance Log
<input type="checkbox"/> Change a Tire	<input type="checkbox"/> Emergency Car Kit
<input type="checkbox"/> Check Fluids	<input type="checkbox"/> What to do if You Break Down
<input type="checkbox"/> Add Gas / Fuel to Your Vehicle	<input type="checkbox"/> What to do if You're in an Accident
<input type="checkbox"/> Jumpstart Your Vehicle	<input type="checkbox"/> What to do if You're Pulled Over by the Police

BASIC LIFE SKILLS

<input type="checkbox"/> Regular Exercise	<input type="checkbox"/> Voting
<input type="checkbox"/> Mental Health / Self-Care	<input type="checkbox"/> Mailing a Letter or Package
<input type="checkbox"/> Writing Resumes / Cover Letters	<input type="checkbox"/> Renew Your Divers License / Passport
<input type="checkbox"/> Preparing for Job Interviews	<input type="checkbox"/> Making Appointments
<input type="checkbox"/> Send a Professional E-Mail	<input type="checkbox"/> Handle Yourself in Social Settings

***BONUS - EMERGENCY & OTHER SKILLS

<input type="checkbox"/> Emergency Contact List	<input type="checkbox"/> How to Navigate a Map
<input type="checkbox"/> Basic First Aid	<input type="checkbox"/> How to Start a Fire
<input type="checkbox"/> Prepare for Bad Weather	<input type="checkbox"/> Understanding your Legal Rights
<input type="checkbox"/> Basic Self-Defense	<input type="checkbox"/> How to Use Public Transportation
<input type="checkbox"/> 72 Hour Kit	<input type="checkbox"/> Coping Strategies

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