

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 Drivers 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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