

Life Skills Checklist

A practical checklist for everyday independence: food, laundry, money, safety and home bas

Home

- | | |
|---|---|
| ☐ Laundry basics | ☐ Clean a bathroom |
| ☐ Simple meal | ☐ Dishes / kitchen |
| ☐ Basic cleaning | |

Money

- | | |
|--|--|
| ☐ Know needs vs wants | ☐ Save toward a goal |
| ☐ Compare prices | ☐ Understand a budget |
| ☐ Use money safely | |

Everyday

- | | |
|--|---|
| ☐ Make an appointment | ☐ Know home address / contacts |
| ☐ Basic first aid | ☐ Plan transportation |
| ☐ Ask for help | |

Tip: skills are not a race. Use this as a conversation starter, not a scorecard.