



Teen Life Skills Checklist

A practical independence checklist for skills to practice before adulthood. It is a conversation starter, not a test.

Home basics

- ☐ Prepare several simple meals safely
- ☐ Do laundry from sorting through putting away
- ☐ Clean a bathroom and kitchen basics
- ☐ Change bedding and keep a room reasonably organized
- ☐ Use basic household tools safely

Money & planning

- ☐ Understand a simple budget
- ☐ Compare price and value
- ☐ Know the difference between debit and credit
- ☐ Track spending and savings goals
- ☐ Plan ahead for a recurring expense

Independent life

- ☐ Schedule or prepare for an appointment
- ☐ Use maps or transportation safely
- ☐ Know key emergency contacts
- ☐ Communicate respectfully with adults and businesses
- ☐ Read instructions, forms and basic agreements before accepting