

Basic Life Skills Checklist

Name:

Age:

Date:

CATEGORY	Can Do Already	Needs Practice	Plan to Start	Needs Support or Guidance	Not Acquired
DECISION-MAKING LIFE SKILLS					
1. Identifying and setting personal goals					
2. Prioritizing tasks					
3. Analyzing the consequences of choices					
4. Problem-solving					
5. Time management					
6. Critical thinking					
7. Effective communication					
8. Setting boundaries					
9. Resilience in the face of challenges					
10. Conflict resolution					
CATEGORY	Can Do Already	Needs Practice	Plan to Start	Needs Support or Guidance	Not Acquired
EMERGENCY/SAFETY LIFE SKILLS					
1. First aid/CPR					
2. Fire safety					
3. Basic self-defense					

4. Emergency evacuation procedures					
5. Identifying emergency contacts					
6. Creating and using emergency kits					
7. Calling emergency services					
8. Water safety					
9. Vehicle safety					
10. Recognizing and responding to danger signs					
CATEGORY	Can Do Already	Needs Practice	Plan to Start	Needs Support or Guidance	Not Acquired
MONEY MANAGEMENT LIFE SKILLS					
1. Budgeting					
2. Saving and investing					
3. Understanding credit and debt					
4. Making informed purchasing decisions					
5. Setting financial goals					
6. Identifying scams					
7. Understanding taxes					
8. Differentiating needs and wants					
9. Comparison shopping					
10. Managing online financial accounts					

CATEGORY	Can Do Already	Needs Practice	Plan to Start	Needs Support or Guidance	Not Acquired
SOCIAL LIFE SKILLS					
1. Active listening					
2. Empathy					
3. Making friends and maintaining friendships					
4. Respecting diversity					
5. Communication in groups					
6. Networking and relationship building					
7. Conflict resolution in relationships					
8. Online etiquette					
9. Recognizing and dealing with peer pressure					
10. Understanding and expressing emotions					
CATEGORY	Can Do Already	Needs Practice	Plan to Start	Needs Support or Guidance	Not Acquired
HOUSEHOLD BASIC SKILLS					
1. Cooking and meal preparation					
2. Cleaning and organizing living spaces					
3. Laundry and clothing care					
4. Basic sewing and mending					
5. Household budgeting					
6. Basic home maintenance					
7. Grocery shopping and meal planning					

8. Gardening					
9. Using household tools and appliances					
10. Boiling water					
CATEGORY	Can Do Already	Needs Practice	Plan to Start	Needs Support or Guidance	Not Acquired
HEALTH LIFE SKILLS					
1. Incorporating stretching					
2. Balanced nutrition awareness					
3. Applying Band-Aid correctly					
4. Daily water consumption					
5. Stress-reducing techniques					
6. Healthy sleep environment					
7. Understanding and accessing healthcare services					
8. Substance abuse prevention and awareness					
9. Maintaining a healthy work-life balance					
10. Personal hygiene					

Notes/Observation: