

Life Skills Worksheet for Adults

Name:

Age:

Date:

This is the Life Skills Worksheet designed to empower you in various aspects of your life.

How to Use This Worksheet

1. Personal Information:

Begin by filling in your name, age, and the current date.

2. Decision-Making, Communication, Emergency and Safety, Money Management, Social Life, and Health:

In each section, you will find activities and reflection questions. Take your time to engage with the activities and answer the reflection questions thoughtfully.

3. Reflection Questions:

These questions are designed to encourage self-reflection and awareness. Be honest with yourself and consider how each area impacts your life.

I. Decision Making

Scenario Analysis

Decision Journal

Reflection Questions

1. What factors influence your decision-making process?

2. How do you handle making decisions under pressure?

3. Are there patterns in your decision-making that you would like to change?

II. Communication

Active Listening Exercise

Expressing Emotions

Reflection Questions

1. How do you typically express your emotions?

2. Are there communication challenges you've identified in your personal or professional life?

3. How can improving communication positively impact your relationships?

III. Emergency and Safety

Emergency Preparedness Checklist

First Aid Basics

Reflection Questions

1. How prepared do you feel for unexpected emergencies?

2. What steps can you take to enhance your safety at home and in your community?

3. How do you manage stress in emergency situations?

IV. Money Management

Budgeting Exercise

Financial Goal Setting

Reflection Questions

1. What are your financial priorities at the moment?

2. How do your spending habits align with your financial goals?

3. In what ways can you improve your financial literacy?

V. Social Life

Networking Challenge

Friendship Audit

Reflection Questions

1. How satisfied are you with your current social life?

2. What qualities do you value in friendships?

3. How can you expand your social network in a meaningful way?

VI. Health

Physical Activity Plan

Mindfulness Practice

Reflection Questions

1. How do you currently prioritize your physical and mental health?

2. What barriers exist to maintaining a healthy lifestyle?

3. How can you create sustainable habits that promote overall well-being?