

# Life Skills Worksheet

Name	Date
<p>Instructions: Life skills are essential abilities that help you navigate through various aspects of your life. They contribute to your personal growth and well-being. This worksheet is designed to help you assess your current life skills and identify areas for improvement. Take some time to reflect on each skill and answer the questions honestly. Use this worksheet as a tool for self-improvement and personal development.</p>	
<b>Communications skills</b>	
Rate your ability to actively listen (1-10, with 1 being poor and 10 being excellent).	
Describe one situation where effective communication made a positive impact in your life.	
Identify one aspect of your communication skills you would like to improve and list steps to work on it.	
<b>Time management</b>	
Rate your time management skills (1-10, with 1 being poor and 10 being excellent).	
List your top three time-wasting habits and how you can overcome them.	
Create a daily schedule for yourself, including work, personal, and leisure time.	
<b>Problem-solving</b>	
Rate your problem-solving skills (1-10, with 1 being poor and 10 being excellent).	

Describe a recent problem you faced and the steps you took to solve it.

Identify a problem-solving technique or strategy you want to learn more about and plan to research it.

### **Stress management**

Rate your ability to manage stress (1-10, with 1 being poor and 10 being excellent).

List three stressors in your life and brainstorm healthy ways to cope with them.

Create a relaxation or stress-reduction routine for yourself (e.g., meditation, exercise, deep breathing).

### **Financial literacy**

Rate your knowledge of personal finance (1-10, with 1 being poor and 10 being excellent).

List your financial goals for the next year and the steps to achieve them.

Identify one financial topic or concept you want to learn more about and plan to study it.

### **Self-care**

Rate your commitment to self-care (1-10, with 1 being poor and 10 being excellent).

List three self-care activities you enjoy and commit to incorporating them into your weekly routine.

Identify one aspect of self-care that you've been neglecting and make a plan to prioritize it.

**Social skills**

Rate your social skills (1-10, with 1 being poor and 10 being excellent).

Describe a recent social interaction where you felt confident and comfortable.

Identify one social skill you would like to improve and outline steps to practice it.

**Additional notes**