

Life Skills Check list

Note: All life skills material and videos are provided on an individual basis in weekly mentoring sessions. This way everyone receives personal care, accountability and privacy.

Please check the areas that you would like mentoring:

Personal/Spiritual

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| ☐ TIME MANAGEMENT | ☐ MAKING FRIENDS |
| ☐ GOAL SETTING | ☐ COMPUTER BASICS |
| ☐ RESUME WRITING | ☐ FILLING OUT FORMS |
| ☐ SELF CARE | ☐ ACCEPTING CHANGE |
| ☐ ANGER MANAGEMENT | ☐ CONFLICT RESOLUTION |

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| ☐ COPING SKILLS | ☐ BUILDING YOUR FAITH |
| ☐ DECISION MAKING | ☐ STUDY SKILLS |
| ☐ ROUTINES | ☐ JOB INTERVIEWING |
| ☐ SETTING BOUNDARIES | ☐ COMMUNITY SERVICE |
| ☐ HEALTH AND NUTRITION | ☐ HYGIENE |

Finances/Home

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| ☐ MONTHLY BUDGETING | ☐ GOOD HOUSEKEEPING |
| ☐ CREDIT CARDS | ☐ CAR CARE |
| ☐ WANTS VS. NEEDS | ☐ PARENTING |
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