

Life Skills Checklist for Young Adults

Six areas of adult life, eight skills in each. Pick three, not thirty. Practice beats lecture.

NOBLE MENTORS

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Name: _____ Date: _____

The three I am starting with: _____

MONEY

- ☐ Checks their bank balance before spending, not after
- ☐ Can read a paycheck and explain where the missing money went
- ☐ Knows what a deductible, a premium, and a copay are
- ☐ Keeps a simple budget: what comes in, what goes out, what is left
- ☐ Pays at least one recurring bill on their own, on time, unreminded
- ☐ Knows what a credit score is and what a missed payment does to it
- ☐ Has an emergency cushion, or a plan to build one
- ☐ Can say no to a purchase they cannot afford, in front of a friend

HEALTH

- ☐ Can make a doctor's appointment and go alone
- ☐ Knows their insurance company and where the card is
- ☐ Refills their own prescriptions before they run out
- ☐ Can fill out a medical history form without texting a parent
- ☐ Keeps a regular sleep window and knows what losing it does to them
- ☐ Moves their body most days, in a form they actually like
- ☐ Can tell "tired" from "something is wrong," and knows who to call
- ☐ Can answer a doctor honestly about sleep, mood, and substance use

PEOPLE

- ☐ Keeps up one friendship without a parent arranging it
- ☐ Can phone a stranger (a pharmacy, a landlord, customer service)
- ☐ Can say "I was wrong, I'm sorry" and mean it
- ☐ Can set a boundary with a friend or partner without ending it
- ☐ Reaches out first sometimes, instead of always waiting to be invited
- ☐ Can disagree with a parent and stay in the room
- ☐ Can be a good guest: brings something, helps clean up, says thanks
- ☐ Has one adult outside the family they would call for advice

HOME

- ☐ Can cook five meals without a recipe
- ☐ Plans and shops for a week of groceries on a budget
- ☐ Does their own laundry start to finish, including putting it away
- ☐ Keeps their space clean enough for a friend to drop by
- ☐ Can unclog a drain, reset a breaker, and shut off the water
- ☐ Can read a lease and knows what a security deposit is for
- ☐ Takes out the trash before it overflows, without being asked
- ☐ Knows who to call when something breaks (landlord, plumber, roadside)

WORK AND SCHOOL

- ☐ Has a current resume and can send it within ten minutes
- ☐ Can write a short, clear email to a boss, professor, or landlord
- ☐ Shows up on time, and calls ahead when they can't
- ☐ Asks for help before a deadline, not after
- ☐ Can take feedback without shutting down or arguing
- ☐ Keeps one calendar, phone or paper, that they actually check
- ☐ Can break a big project into steps and start the first one today
- ☐ Has a sense of what kind of work energizes them

SELF-MANAGEMENT

- ☐ Wakes up on their own, for something that matters, most days
- ☐ Knows one thing that helps when overwhelmed, besides a screen
- ☐ Can sit with boredom for twenty minutes without reaching for the phone
- ☐ Can name how they respond to stress (shut down, lash out, disappear)
- ☐ Can start a task they dread without waiting to feel like it
- ☐ Keeps their own documents: Social Security card, birth certificate, passport
- ☐ Can spend an evening alone and be okay
- ☐ Has something they are working toward that nobody assigned them

How to use it: the young adult picks three. Do the first attempt beside them, not for them. Cross one off, pick the next.

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