

Life Skills Checklist

- Load and run the dishwasher
- Wash dishes in the sink
- Soak and scrub a pan
- Do a load of laundry
- Use bleach in a load of laundry
- Get soap scum and mildew off a tub
- Clean a toilet
- Unclog a toilet
- Reset a tripped circuit
- Use a vacuum cleaner
- Dust the house
- Boil water
- Use a microwave properly
- Dice a fruit or vegetable
- Get out an item stuck in a toaster
- Make a cup of tea or coffee
- Use a first aid kit
- Check your temperature
- Bring down a fever
- Learn CPR
- Make a doctor's appointment
- Pick up a prescription
- Use an insurance card
- Fill out a health history form
- Memorize your social security number
- Take public transportation
- Request a taxi or rideshare ride
- Open a bank account
- Make a monthly budget
- Go grocery shopping with a list
- Read a store's advertisements
- Read the fine print
- Fill out a job application
- Interview for a job
- Change a tire
- Perform regular car maintenance
- Paint a room
- Read a map
- Take a pet to the vet
- Create and follow a schedule
- Change a light bulb
- File taxes
- Tip at a restaurant
- Learn self-defense skills
- Brush and floss properly
- Throw a small party
- Pay a utility bill
- Set up and manage a phone plan
- Navigate the DMV
- Read and follow road signs
- Stay safe on social media
- Send a professional e-mail
- Properly word an apology
- Write a thank you letter

