

## SPIRITUAL / MENTAL

- MEDITATION
- PRAYER
- GUT CHECK
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## HYGIENE / HEALTH

- BATHE AND WASH HANDS
- WASH HAIR
- BRUSH / FLOSS TEETH
- COMB / STYLE HAIR
- CUT FINGERNAILS
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CLOTHES

- DRESS SELF
- COORDINATE OUTFITS
- PUT CLOTHES IN HAMPER
- FOLD / HANG UP CLOTHING
- SORT LAUNDRY
- OPERATE WASHER / DRYER
- SIMPLE MENDING (NEEDLE / THREAD)
- SEWING MACHINE BASICS
- IRONING
- \_\_\_\_\_
- \_\_\_\_\_

## RELATIONSHIPS

- CONVERSATION STARTERS
- KEEPING IN TOUCH
- BOUNDARIES
- MAKING FRIENDS
- \_\_\_\_\_
- \_\_\_\_\_

## MONEY

- BALANCE CHECKBOOK
- BASIC BUDGET / BILLS
- SAVINGS
- INVESTING
- HOW TO WRITE A CHECK
- BUILDING CREDIT SCORES
- STUDENT LOANS
- COLLEGE CREDITS
- HEALTH/CAR/HOME/LIFE INS.
- \_\_\_\_\_
- \_\_\_\_\_

## CAR

- CLEAN INSIDE / OUTSIDE
- GET GAS
- CHECK CAR OIL
- TIRE PRESSURE / ADD AIR
- CHANGE TIRE
- \_\_\_\_\_
- \_\_\_\_\_

## BASIC HOUSEKEEPING

- PICK UP (TOYS, CLOTHES)
- EMPTY WASTE BASKETS
- TAKE OUT GARBAGE
- MAKE BEDS
- LOAD / UNLOAD DISHWASHER
- DISHWASHER / MICROWAVE SAFE
- SET / CLEAN TABLE
- HANDWASH DISHES / PANS
- DUST
- VACUUM
- WASH FLOORS
- CLEAN WINDOWS
- SCRUB BATHROOMS (SINK, TUB, TOILET)
- WASH WALLS
- CHANGING AIR FILTERS
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FOOD

- FEED SELF
- BASIC NUTRITION
- PREPARE SIMPLE MEALS
- MAKE JUICE
- PLAN MENUS
- ORGANIZE SHOPPING LIST
- GROCERY SHOPPING
- HOW TO STORE PRODUCE
- FOLLOW RECIPE
- \_\_\_\_\_
- \_\_\_\_\_

## HOME CARE

- MOW LAWN / WEED
- SHOVEL SIDEWALKS
- USE HAMMER,
- SCREWDRIVER, PLIERS
- USE PLUNGER
- REPLACE LIGHTBULBS
- LOCK/UNLOCK DOORS
- EMERGENCY NUMBERS
- TURN OFF WATER BY TOILET
- TURN OFF GAS & WATER MAINS
- DISPOSAL SAFETY
- BREAKER BOX LOCATION
- DRYER LINT
- FIRE ALARM
- GAS STOVE
- \_\_\_\_\_
- \_\_\_\_\_

## SOCIAL MEDIA/SCREENS

- SCREEN TIME CONTROL
- HEALTHY SOCIAL MEDIA USE
- BEST USES OF TECH.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_