

Life Skills Worksheet for Adults

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Name: _____ Age: _____

Date: _____ dd / mm / yyyy

This is the Life Skills Worksheet designed to empower you in various aspects of your life.

How to Use This Worksheet: Personal Information: Begin by filling in your name, age, and the current date. Decision-Making, Communication, Emergency and Safety, Money Management, Social Life, and Health: In each section, you will find activities and reflection questions. Take your time to engage with the activities and answer the reflection questions thoughtfully. Reflection Questions: These questions are designed to encourage self-reflection and awareness. Be honest with yourself and consider how each area impacts your life.

I. DECISION-MAKING

Scenario Analysis:

Decision Journal:

What factors influence your decision-making process?

How do you handle making decisions under pressure?

Are there patterns in your decision-making that you would like to change?

II. COMMUNICATION

Active Listening Exercise:

Expressing Emotions:

How do you typically express your emotions?

Are there communication challenges you've identified in your personal or professional life?

How can improving communication positively impact your relationships?

III. EMERGENCY AND SAFETY

Emergency Preparedness Checklist:

First Aid Basics:

How prepared do you feel for unexpected emergencies?

What steps can you take to enhance your safety at home and in your community?

How do you manage stress in emergency situations?

IV. MONEY MANAGEMENT

Budgeting Exercise:

Financial Goal Setting:

What are your financial priorities at the moment?

How do your spending habits align with your financial goals?

In what ways can you improve your financial literacy?

V. SOCIAL LIFE

Networking Challenge:

Friendship Audit:

How satisfied are you with your current social life?

What qualities do you value in friendships?

How can you expand your social network in a meaningful way?

VI. HEALTH

Physical Activity Plan:

Mindfulness Practice:

How do you currently prioritize your physical and mental health?

What barriers exist to maintaining a healthy lifestyle?

How can you create sustainable habits that promote overall well-being?