

LIFE SKILLS

5TH - 8TH GRADES

1. Rate how true each statement is for you, then explain your answer.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I do chores at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I clean up after myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I am organized. (i.e. keeping homework in my binder; Placing stuff where it belongs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I finish what I start.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I am on time to activities and appointments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I earn money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I set goals that are important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I use different strategies to work towards these goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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2. If you could snap your fingers and improve one of the life skills above, which one would you choose? Why?

Life skills are called the “nuts and bolts” of your skill-based toolkit. They include: • earning, managing, and sharing money wisely; • managing your time well; • being organized; • goal management; • learning how to use transportation; • home care such as cooking and cleaning; • skills that will help you find and keep a good job; • and knowing how to communicate well.

3. Overall, I have optimal life skills.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Further Reflections