

# Life Skills Worksheet for Adults

Name: Mary Lopez

Age: 28

Date: December 20, 2023

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

## How to Use This Worksheet

- 1. Personal Information:**  
Begin by filling in your name, age, and the current date.
- 2. 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.
- 3. 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:** Choosing between two job offers.  
**Options:** Job A with higher salary, Job B with better work-life balance.  
**Pros:** A offers financial stability, B provides a healthier lifestyle.  
**Cons:** A demands longer hours, B pays less.  
**Outcome:** Chose Job B, happier with work-life balance.

### Decision Journal

**Recorded decision** to move to a new city for career growth.  
**Process:** Researched job opportunities, considered personal goals, discussed with family.  
**Feelings:** Excitement, uncertainty, and anticipation.

# Advanced Strategies Young Adult Life Skills

**Karin Nielsen-Saines**



## **Advanced Strategies Young Adult Life Skills:**

*KVS/NVS/EMRS TIER-II TGT Physical & Health Education Chapterwise MCQ with Explanation for 2026 Exam*  
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