

40 IMPORTANT LIFE SKILLS FOR TEENS

Daily Living Skills

- Doing laundry
- Shopping for groceries
- Cooking
- Cleaning the kitchen
- Cleaning the house
- Managing money
- Managing credit
- Swimming
- Searching for a job
- Reading a map
- Making basic repairs
- Taking public transportation
- Managing health



Executive-Functioning Skills

- Organization
- Time management
- Starting a task
- Persistence
- Managing social media
- Choosing a career
- Volunteering
- Searching online
- Evaluating sources
- Making decisions
- Setting goals
- Making a plan
- Regulating emotions
- Being flexible
- Coping with failure



Communication Skills

- Starting a conversation
- Listening
- Talking on the phone
- Texting
- Self-advocacy
- Saying no
- Sending mail
- Engaging with community helpers



Safety Skills

- Making decisions about drugs and alcohol
- Driving
- Using ride share services
- Basic first aid
- Preparing for a natural disaster
- Sleeping



Young Adult Life Skills Reference

K Morrison



Young Adult Life Skills Reference:

Young Adult Life Skills Reference Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Young Adult Life Skills Reference**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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