



# Building Excellence Through Habit

Empowering Teens and Young Adults Through Everyday Actions

## Daily Life Skills Checklist ✨

### For Teens & Young Adults

*"Excellence is not an act, but a habit." ~ Aristotle*

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Life skills aren't just about big moments; they're built in the small, everyday actions. The way you take care of yourself, your space, and your responsibilities adds up over time. This checklist helps you track daily habits that strengthen independence, confidence, and responsibility.

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### Morning Power-Up

- **Rise & Shine** - Wake up on time without being reminded
  - **Clean Space** - Make bed / tidy room
  - **Personal hygiene** - (shower, brush teeth, deodorant)
  - **Fuel Up** - Eat a balanced breakfast
  - **Ready to Roll** - Pack everything needed for school/work (backpack, uniform, lunch, supplies)
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### Afternoon/Evening Wind-Down

- **Brain Work First** - Finish homework or assignments before relaxing
  - **Team Player** - Help with household responsibilities (dishes, trash, laundry, pets)
  - **Plan Tomorrow** - Prepare clothes and backpack for the next day
  - **Digital Detox** - Limit screen time or unplug for at least 30 minutes
  - **Self-Care Sunday** - Do one self-care activity (exercise, journaling, creative hobby, or quiet time)
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# Weekly Level-Up Challenges

*Choose at least 2 per week*

- [ ] **Laundry** - Do a load of laundry start-to-finish
  - [ ] **Kitchen Meals** - Cook or prepare one meal/snack
  - [ ] **Money Manager** - Budget or track money spent
  - [ ] **Future Planner** - Plan the upcoming week (calendar or planner)
  - [ ] **Skills Unlocked** - Practice life skills (call to schedule an appointment, write an email, etc.)
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## Self-Reflection Zone

Which of these tasks do I already do well?

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Which one is hardest for me to remember?

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How would my day feel different if I did all of these consistently?

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## My Personal Top 3

*Write down the three skills you most want to focus on this month:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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## Extra Challenge

Ask a parent, teacher, or mentor to fill out the checklist for you one day. Compare how you see yourself with how they see you, it may reveal strengths you didn't notice or areas to improve!

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*Remember: Progress over perfection. Every small step counts!*