Where Are You Right Now?

Your Personal Starting Point • Life Skills Self-Assessment

This isn't a test — it's a tool to help you see where you are and where you'd like to grow.
There are no wrong answers and no grades. Just honest reflection at your own pace.
Check one box per skill. Your results will help you choose which chapters to start with.

	✓ I feel confident here	~ I'm working on it	◻ I'd like to learn this
Foundations & Self-Sufficiency			Chapters 1 & 2
Following a daily routine (morning, evening, or both)	☐	☐	☐
Making decisions without constant second-guessing	☐	☐	☐
Building small habits that support my goals	☐	☐	☐
Knowing where I need support and being open to learning	☐	☐	☐
Money & Financial Confidence			Chapter 3
Tracking my income and expenses	☐	☐	☐
Creating a basic budget	☐	☐	☐
Saving money (even small amounts)	☐	☐	☐
Making spending choices that align with my values	☐	☐	☐
Home & Daily Life			Chapter 4
Keeping my living space clean and organized	☐	☐	☐
Planning meals and making a grocery list	☐	☐	☐
Handling basic home maintenance tasks	☐	☐	☐
Creating a home environment that feels peaceful	☐	☐	☐
Time & Productivity			Chapter 5
Prioritizing tasks and knowing what matters most	☐	☐	☐
Creating a schedule or routine that works for me	☐	☐	☐
Getting started on tasks I've been putting off	☐	☐	☐
Matching my schedule to my energy levels	☐	☐	☐
Emotional Resilience & Stress			Chapter 6
Identifying healthy ways to cope with stress	☐	☐	☐
Handling setbacks without being too hard on myself	☐	☐	☐
Using a calming or grounding technique when overwhelmed	☐	☐	☐
Talking kindly to myself when things get hard	☐	☐	☐

Look at where you marked "I'd like to learn this" — those are your starting points. No rush. Just begin.

Reflect & Choose Your Path

Take a moment to sit with what you noticed. There's no rush.

1. What surprised you about your answers? Was there anything you expected to feel differently about?

2. Which area feels most urgent or important to you right now — the one where a small change would make the biggest difference?

3. If you could feel confident in just one of these skill areas, which one would change your daily life the most?

4. What's one small step you could take this week to move forward in that area?

Your Path Forward

The Life Management Guide was designed to meet you exactly where you are. You don't have to start at the beginning or go in order. Here's how to use your results:

- **"I feel confident here"** — Great! Skip those chapters or skim them as a refresher.
- **"I'm working on it"** — These chapters will give you structure and encouragement to keep going.
- **"I'd like to learn this"** — Start here. These are your priority chapters. Go gently.

You're allowed to begin again. You're allowed to grow gently. You're allowed to succeed — on your own terms.

Notes (anything else on your mind — thoughts, feelings, goals, reminders to yourself)

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