Course Map Worksheet

Lesson 1 • Access Point & Assessment

Use this worksheet to track your progress through the Life Management Guide.
Check off each lesson as you complete it. There's no timeline — move at your own pace.

- [ ] **Lesson 1: Access Point & Assessment**

Start where you are and choose your learning path

Notes:

- [ ] **Lesson 2: Foundations of Independence**

Build self-sufficiency, routines, and confidence

Notes:

- [ ] **Lesson 3: Financial Stability & Budgeting**

Take control of your money and plan for success

Notes:

- [ ] **Lesson 4: Home & Daily Life Management**

Create a functional, peaceful living space

Notes:

- [ ] **Lesson 5: Time Management & Productivity**

Design routines that match your energy and lifestyle

Notes:

- [ ] **Lesson 6: Emotional Resilience & Stress**

Handle stress, setbacks, and grow from challenges

Notes:

- [ ] **Lesson 7: Integration & Long-Term Growth**

Turn lessons into lifelong habits and stay on track

Notes:

Learning Plan Builder

Lesson 1 • Access Point & Assessment

Use this worksheet to identify what you want to learn and how you'll approach it.
You don't need to master everything — just focus on what matters to you right now.

1 What is one skill or topic you want to get better at?

Example: 'Basic budgeting' or 'Time management'

2 Why is this important to you?

Example: 'So I can feel less stressed about money'

3 What's one small step you can take this week to start learning?

Example: 'Watch one video or read one article about the topic'

4 How will you practice or apply this skill in your real life?

Example: 'Try making a simple budget or planning one day in advance'

5 Who or what can support your learning?

Example: 'YouTube video, podcast, book, or a trusted friend'

6 How will you know you're making progress?

Example: 'It feels easier or I'm less confused than I was before'

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)

© 2025 HTBI • All Rights Reserved

Victory Worksheet — Part 1

Lesson 1 • Access Point & Assessment

Use this worksheet to set your intentions and celebrate your decision to start this journey. This isn't about being perfect — it's about acknowledging that you showed up and you're moving forward.

1 What inspired you to start this course?

Example: 'I want to feel more in control of my life'

2 What are you hoping to change or improve?

Example: 'Get better at managing time or money'

3 What strengths are you bringing into this journey?

Example: 'I care deeply, I'm resourceful, I keep trying'

4 What does success look like for you?

Example: 'Feeling more confident, having a routine, saving money'

5 What will you do to encourage yourself along the way?

Example: 'Be kind to myself, take breaks, ask for help'