

# Life Skills

## Questions to ask yourself at 18, 40 and 70

- 1. Basic cooking skills.** Can you prepare a few simple, healthy, economical dishes and understand how the high cost of dining out can destroy a budget and a waistline.
- 2. Budgeting and money management skills.** Do you know how to live within a budget, and understand the pitfalls of using credit irresponsibly?
- 3. Personal healthcare knowledge.** Do you know how to self-diagnose simple illnesses, know how to check your own temperature, and know which over-the-counter medications to take for which symptoms.
- 4. Good social skills and manners.** Do you know how to carry on a conversation with adults and potential employers? Basic manners, such as saying 'please' and 'thank you,' will help you make a good first impression with new acquaintances.
- 5. Auto maintenance skills.** Do you know how often your car should be serviced and how to change a tire in an emergency?

