

Life Skills

Questions to ask yourself at 18, 40 and 70

6. Essential domestic skills. You don't have to be Martha Stewart, but you should know how to do your own laundry, clean your own room or apartment, and handle small household emergencies like a clogged toilet.

7. Being a good judge of character. Friends influence us more than we care to admit. Can you assess whether someone is a good friend who will help you be your best, or is a bad apple.

8. Work skills and basic responsibility. To have success in college or on the job, one has to know how to be punctual, stay on task until the job is done, and pay attention to the details.

9. The ability to discern between love and infatuation. Life has lots of romantic stops and starts. Do you understand the difference between the kind of mutual love you can build a marriage on and passing infatuation based simply upon attraction?

10. The ability to admit fault and start over. We all make mistakes. Can you say "I'm sorry, I was wrong," and take responsibility for those mistakes? A person who can do that will be able to regroup and try again in work and in relationships.

