



ULTIMATE LIFE SKILLS LIST

By Meredith Curtis



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Life Skills help us live useful and productive lives. Some folks call it adulting. In the business world, life skills such as problem solving, conflict resolution, and manners are called soft skills. These soft skills help people advance in their profession.

From brushing teeth to mowing the lawn to balancing a checkbook, life skills are needed by the entire human race.

Many of the life skills we pass on to our children will enter their lives effortlessly on our part. We won't even realize that we are teaching them to brush their teeth or weed the garden. Our little one might watch Daddy fix an overflowing toilet and then a few years later help him. He has acquired a life skill, albeit a yucky one!

Voting is a life skill. I "caught" that from my parents who voted in every election. I vote in every election and my children do, too. Tipping generously is another life skill "caught" from my parents along with tithing.

Other life skills I had to learn. My parents were great at managing money but they never talked much about money except to teach me to tithe. I never learned anything about money in public school. My husband came to our marriage tithing and with a commitment to live debt-free which I thought was strange. Even though it seemed unusual, I was all in. Now, I am so thankful because we have been spared so many headaches by living debt-free. Those two things were all the tools we had in our tool kit so when the church offered a course on finances, we signed up. It changed our life. We made a budget and set financial goals. My children are much better at managing money than we are because we got such a late jump on it. I included financial management in their high school economics course.

Woodworking, homemaking, plumbing, and car repair can be taught as classes or simply be a part of the learning lifestyle of homeschooling families.

Cooking, baking, sewing, and making strawberry jam can be part of a Homemaking course or just part of daily life.

Do whatever works for you but be sure to take inventory now and then and make sure you are raising children who are able to live, not just survive, on their own.

When we think of life skills, we can forget how important they really are in living useful and productive lives. Gregg Harris makes a great point about Christian education.

"A complete Christian education will also equip each student to fill his station in God's design for society. It will include both vocational and a-vocational training. The ability to establish a business and manage a godly home will be high on the list of priorities. Such a household will then become an embassy of God's Kingdom in the community, a source of strength from one generation to another.

And finally, we were created for rulership in time and eternity. The adventure of the Christian life is infused with practical challenges which require a useful knowledge of God's creation, understanding God's principles of government, economics, history, science, and human culture. 'Great are the works of the Lord. They are studied by all who delight in them' (Psalm 111:3). All areas of study are delightful to those who can see how each area relates to all the others in God's plan." --Gregg Harris

(*The Christian Home School* pg. 71; Noble Publishing Associates; 1995)

Some of the life skills you will teach your children, such as money and property management, will equip them for ruling and reigning in this life and the next. The ability to apply the Word of God to daily life is called wisdom, a rare commodity in these days. Everything we do from baking cookies to managing a trust fund should be done for the glory of God and in obedience to His Word. Maybe you should think of this subject as "WISDOM from God's Word to daily life." In whatever way you choose to impart these skills to your children, keep in mind that to learn these skills or not learn these skills will make a difference in how your children will live, and, in turn, how they will teach their own children to live!



Spiritual Disciplines

- Enjoy a Relationship with Jesus
- Daily Quiet Time
- Prayer
- Read Bible
- Tithe
- Commitment to a Local Church
- Serve & Care for the Needy
- Share the Gospel



Health Habits

- Understand how the body works (basic anatomy)
- Choose & Eat Healthy Foods & Food Safety
- Exercise
- Teeth Care
- Hygiene
- Sunlight – Time Outside
- First Aid
- Food & Herbal Remedies
- Doctor & Dental Visits
- Hospital Wisdom
- Preparation for Puberty
- Avoid Alcohol, Drugs, Smoking, Vaping, & Premarital Sex



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Time Management

- Discern Life Priorities
- Make Goals
- Schedule Time to Include Priorities, Goals, & Responsibilities
- How to Make a Time Schedule & Flexible Schedule (Block Scheduling)
- How to Shift Things Around Due to Interruptions & Unforeseen Events
- Use a Calendar
- Use a Planner

My Schedule

Money Management

- Associate Hard Work with Earning Money (chores plus opportunities to earn extra money)
- Budget (tithe, taxes, save, spend)
- Live Debt-Free
- Banking (savings, money market, checking, CDs)
- Wills, Trusts
- Investments (stocks, bonds, real estate)
- Wise Consumer
- Insurance (health, home, auto)
- Record Keeping



Property Management

- Keeping Track of Own Stuff (e.g. schoolbooks)
- Keep Own Rooms Tidy & Organized
- Put Away Clothes & Clean Laundry
- Make Bed Daily

House, Lawn, & Car Care

- Drive a Car
- Car Clean Inside & outside
- Oil Changes, Tune-Ups
- Car Repairs
- Mow & Edge Lawn
- Weed, Mulch, Trim, & Plant
- House Painting
- Plumbing
- Install Locks, Hang Doors, Change Filters
- Clean Out Gutters
- Fix Appliances
- Basic Construction (framing, measuring, planning, permits, codes)
- Gun Safety
- Pet Care
- Farming
- Raise Livestock



Homemaking Skills

- Cook & Bake
- Meal Planning & Prep
- Grocery Shopping
- Clean & Tidy (sweeping, mopping, vacuuming, dusting, set table, wash dishes)
- Laundry (sorted, washed, dried, folded, ironed, put away)
- Interior Design
- Sew, Mend, Knit, Crochet, Quilt, Needlecrafts
- Cake Decorating, Card & Gift Making, Gift Giving
- Fashion, Beauty Care
- Photography & Videotaping
- Photograph Care & Storage
- Memory Making (birthdays, holidays, special occasions)



Decision Making

- Easy (Right vs. Wrong, Obedience vs. Disobedience, Kindness vs. Cruelty)
- Choose between Good, Better, Best
- Weigh Options with Opportunity Cost in Mind & Choose Course of Action
- Logic
- Look at Far-Reaching Consequences
- Recognize Fraud & Scammers

Summarizing

- Give a High-Level Overview (Summarize)
- Note Taking & Write Summary
- Summarize Complicated to Simple



Problem Solving

- Leaders Solve Problems – See Problems as an Opportunity
- Define the Problem, Generate Possible Solutions, Evaluate Possible Solutions with Long-Term Impact, Choose Solution & Implement, Ongoing Evaluation
- Use Creativity – Think Out-of-the-Box
- Negotiation

Soft Skills (Manners)

- Greet People & Say Goodbye
- Respect for Elders & Elderly
- Look at People when you Talk to Them
- Shake Hands (women choose to shake or not shake)
- How to Introduce Folks to One Another
- Ask Questions to Engage Others
- Be On Time
- Good Sportsmanship
- Table Manners



Communication Skills

- Active Listening without Interrupting
- Use Words that are Kind, Truthful, & Necessary
- Disagree Respectfully
- Use Clear Enunciation, Pleasant Tone of Voice, & Body Language to Communicate Interest & Respect
- Choose Wholesome Words & Topics
- Avoid Gossip & Complaining
- Public Speaking
- Debate
- Interviews

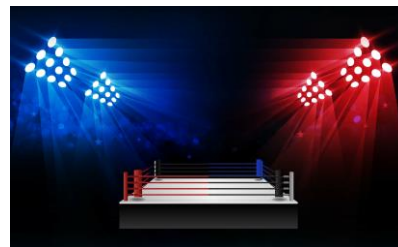
Snail Mail & Telephone & Email

- Letter Writing
- Thank You Note
- Address an Envelope, Put on Postage, Drop in Mailbox
- Pack, Label, & Send Packages
- Polite Telephone Manners
- Make Business Calls, Make Appointments, Ask for Help over the Phone
- Write an Email (professional, friendly)



Conflict Resolution

- Disagree Respectfully
- Listen Carefully to One Another
- Look for Common Ground
- Win-Win Attitude
- Anger Management
- Speak Gently to Resolve Anger
- Apologize when you are wrong and ask for forgiveness. Don't say, "It's okay," say, "I forgive you."



Citizenship

- Pray for USA & for all Government Officials
- Know & Appreciate History & Heritage as Americans
- Understand Branches of Government (legislative, judicial, and executive) & Levels of Government (federal, state, county, local)
- Vote in Every Election
- Obey Laws (don't speed, litter, or rob a bank)

Relationships

- Initiate Conversation
- Friendliness & Kindness
- Welcome People into Life
- Discernment in Friendship
- Wholesome Friendships
- Sibling Friendships
- Prepare for Marriage



Personal

- Control Emotions & Express Emotions in a Healthy Way
- Move On After Failure or Disappointment
- Accept Change
- Grieve in a Healthy Way

Career Exploration

- Explore Careers (investigation, chores, work projects, serving in church or community)
- Research Careers & Talk to Adults about their Careers
- Write a Resume & Fill Out a Job Application
- Mock Interviews
- Entrepreneurship



Parenting Skills

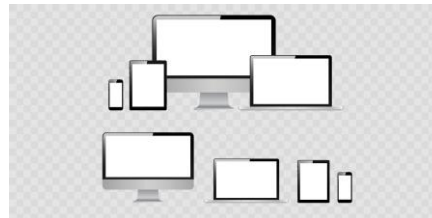
- Basic Child Development Training
- Babysitting

Hospitality

- Welcome People into Home for Meal, Game Night, BBQ
- Open Home for Church Activity (Bible study, outreach, bonfire)
- Prepare Menu & Food, Greet Guests When they Arrive
- Hostess Skills
- Plan a Party

Computer Skills

- Keyboarding
- Office Applications
- Programming
- Social Media
- Graphic Design
- Data Analytics
- Website Design & Development
- Internet Safety & Cyber Security



Travel

- Travel Planning
- Read a Map
- Passport & Overseas Travel





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